

The Morning Calm Weekly

Volume 3, Issue 9

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

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Korea Region mantle of leadership changes

By Sgt. Andrew Kosterman

Korea Region Public Affairs Office

YONGSAN — The colors of Installation Management Agency – Korea Region were passed Wednesday from Brig. Gen. John A. Macdonald to Brig. Gen. Harvey T. Landwermeyer in a ceremony held at Yongsan Garrison's Collier Field House.

Presiding over the ceremony was Maj. Gen. Ronald L. Johnson, IMA director, who helped to pass the colors from the outgoing director to the incoming.

Johnson decried the position Landwermeyer is stepping into as a job filled with "honor, privilege and a lot of hard work."

Macdonald would most certainly agree. It was Macdonald who stood up IMA's Region Office in Korea Oct. 1, 2002. IMA was created in order to provide effective, standardized management of Army installations to better support Soldiers, civilians and family members.

During Macdonald's tenure as Korea Region's first director, he oversaw all 81 Army installations currently on the peninsula. This includes maintaining and making improvements to those posts. That ranged from budgeting small road repairs to the upsizing of the Camp Humphreys area as the Western Corridor is reduced in size.

Macdonald watched his staff grow from four to more than 8,000 workers during his time as director.

"There are thousands of memories and moments

See **"Change"** on Page 3



PHOTO BY SGT. ANDREW KOSTERMAN

(from left) Brig. Gen. Harvey T. Landwermeyer, incoming Installation Management Agency Region Office commander, Col. Jeff Christiansen, Area I commander, and Brig. Gen. John A. Macdonald, outgoing IMA Korea Region commander, inspect troops during a change of directorship ceremony Wednesday at Collier Field House.



PHOTO BY SPC. WESLEY POLLET

Sergeant Major of the Army Kenneth O. Preston meets with a Soldier at Yongsan Garrison. Preston toured the peninsula during the Thanksgiving holiday.

Preston makes Thanksgiving visit to troops

By Staff Sgt. Carmen Burgess

Army News Service

YONGSAN — For the second time in his first 10 months on the job, Sgt. Maj. of the Army Kenneth Preston visited Soldiers stationed in South Korea to thank them for their service and to update them on current Army issues.

"From the strategic level it's important right now that you know what's happening in the Army," he told troops during his Nov. 21-26 trip to the peninsula. "It's my responsibility to look out for Soldiers and ensure that you are informed."

At each motor pool, dining facility and post theater that he visited, the top enlisted Soldier's message never changed and his enthusiasm and drive never wavered. He continued to talk about the issues that impact Soldiers the most — Army Transformation, deployments, promotions, families, education and the new Army Combat Uniform.

Keeping Soldiers informed is an important issue for Preston. He remembers a time after Desert Shield/Desert Storm when there was a lot of angst and anxiety felt throughout the Army because Soldiers weren't informed about what was down the road, he said.

"I want Soldiers to understand what the senior leaders of the Army are doing for them and to understand the benefits of Army Transformation," he said.

He reminded the troops serving in Korea that the Army's number one mission right now is the Global War on Terrorism. For the first time in its history, the Army is fighting a war with an all-volunteer force and this is subsequently putting pressure on those throughout its ranks.

With the growing number of yearlong unit deployments, he said he wants Soldiers to know that there is a light at the end of the tunnel and the Army is making changes that

See **"Preston"** on Page 4

MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ Military police were recently notified of a larceny of private property on post. An investigation disclosed that one Soldier entered another Soldier's barracks room, forcibly entered his secured desk and stole his laptop computer, video-game system, several articles of clothing and various video games. Additionally, the first Soldier is suspected of stealing a bank debit card from a roommate. After consenting to a search authorization, MPs conducted a search of the suspect's barracks room and recovered numerous articles of clothing belonging to the victim. The suspect was advised of his legal rights, which he waived, providing a sworn statement. He then admitted to stealing the property. However, he denied stealing the roommate's debit cards. He stated he did not forcibly enter the barracks rooms, as they were all unsecured. The suspect admitted he sold the stolen property at various pawn stores. The Criminal Investigation Division recovered the victim's laptop computer from one of the pawn stores. None of the pawn stores admitted to receiving the other stolen property. Investigation continues by USACIDC.

■ A military police station was telephonically notified of a civil disturbance resulting in an altercation between demonstrators and three Soldiers. While attempting to enter the main gate of a military installation, demonstrators blocked access and started to throw rocks and strike their vehicle with pipes, causing damage to the vehicle. The demonstrators then attempted to pull one of the Soldiers out of the vehicle, then slammed the passenger-side door on his left leg, causing minor injuries. The injured Soldiers were transported to a local medical facility, where they were treated by the on-duty physician and released. An investigation continues by the Korean National Police.

■ The military police were recently notified of an unlawful entry and failure to obey order or regulation. An investigation disclosed that two Soldiers were off post during the hours of curfew. The two Soldiers then attempted to illegally gain access to post by climbing onto a house roof and jumping from the roof over the perimeter fence, at which time one Soldier landed wrong and injured his right leg. The injured Soldier was transported by emergency medical personnel to an urgent care clinic where he was treated by on-duty medical personnel for a compound fracture to his right shin, and was immediately air evacuated to the hospital for further evaluation. The other Soldier was transported to the provost marshal office, where he was further processed and released to his unit. Contact was made with hospital and confirmed that the injured Soldier was still admitted to the hospital and would be undergoing surgery to input a metal rod in his leg. This is an alcohol-related incident. An investigation continues by military police.

Officials announce distribution dates for tax statements

American Forces Press Service

ARLINGTON, Va. — As the end of the year approaches, Defense Finance and Accounting Service officials announced the schedule for distributing 2004 tax statements.

The schedule lists when servicemembers, military retirees, annuitants, and defense civilian employees can access their statements through myPay and when they can anticipate receiving a paper copy in the mail.

Customers once again can view, save and print their tax statements from myPay at <https://mypay.dfas.mil>. Tax statements will be available as follows:

■ Retired Annual Statement: available online Dec. 4 and mailed

between Dec. 17 and 29.

■ Retired 1099R: available online Dec. 13 and mailed between Dec. 17 and 29.

■ Annuitant Annual Statements: available online Dec. 13 and mailed between Dec. 28 and 29.

■ Annuitant 1099R: available online Dec. 14 and mailed between Dec. 27 and 29.

■ Reserve W2s: available online Dec. 27 and mailed between Jan. 4 and 5.

■ Civilian W2s: available online Jan. 6 and mailed between Jan. 10 and 14.

■ Active Duty W2s: available online Jan. 14 and mailed between Jan. 18 and 24.

The following statements are available only by mail:

■ Special Compensation for

Severely Disabled 1099Rs: mailed Dec. 17.

■ VSI/SSB W2s: mailed between Jan. 4 and 5.

■ Travel W2s: mailed between Jan. 10 and 11.

■ Savings Deposit 1099INTs: mailed between Jan. 10 and 11.

"During the months of January, February and March 2004, an average of 1.4 million myPay users viewed their tax statements each month, and we continue to encourage users to view and print their statements online," said Jim Pitt, director of electronic commerce at DFAS' military and civilian pay services. "Earlier access to W-2s and other tax statements is another way myPay gives users control of their pay information."

AAFES announces Korea fuel prices for December 2004

Army and Air Force Exchange

CAMP FOSTER —As a service to customers assigned in Japan, Okinawa, Korea and Guam, the Army and Air Force Exchange Service is providing advance notice there will be a change in fuel prices effective Dec. 1.

These changes are based on the U.S. Department

of Energy averages from the previous four-week period.

In Korea the price for unleaded fuel will increase from \$2.02 to \$2.05 per gallon.

The price for premium-unleaded fuel will increase from \$2.21 to \$2.24 per gallon and the price for diesel fuel will increase from \$2.13 to \$2.22 per gallon.

Morning Calm Weekly Soundoff:

What do you want for Christmas?



"I want to spend Christmas with my family and children." — Sgt. Carlos Cherry, Headquarters and Headquarters Company, 2nd Infantry Division



"Lots of love from my family and friends." — Spc. Pamela D. Longmire, Area II Support Activity, Yongsan



"More days off." — Sgt. Roysdon, Chris, 1st Replacement Company, Yongsan



"I want to be home with my 6-month-old daughter." — Warrant Officer 1 Seth Smith, Headquarters and Headquarters Company, 122nd Signal Battalion

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Support and Defend

NEWS & NOTES

Free DMZ Tour For Students

Visiting and in-country high school and college students of Department of Defense military and civilian personnel, Department of State and DoDDS employees employees in Korea are invited to a free tour of the demilitarized zone and Joint Security Area 9:45 a.m. to 6:30 p.m. Dec. 30. The program includes historical briefings and tours of the third infiltration tunnel, Dora Observatory, Camp Bonifas and Panmunjeom. Reservations are required. E-mail deleonc@korea.army.mil or call Nel de Leon, USFK Public Affairs Office at 723-4685 by Dec. 22. When calling from off-post, dial 0505-723-4685. Seats are limited.

Toys For Tots

The U.S. Marine Corps Forces Korea is conducting its annual charity drive. Toys will go to Army Community Service to those families who need assistance during the holiday season. Extra toys will be offered to local orphanages. The greatest need is for seven to 12-year-old children. Drop offs are located at post exchanges, commissaries, schools and chapels from now until Dec. 23.

Girl Scouts Registration

Girl Scouts Overseas - Seoul are now registering. Troop meetings will begin soon. Those who are interested in being a Girl Scout this year or an adult volunteer, or would like more information, should contact Trudy Heard at 6355-5060 or e-mail gscseoul@yahoo.com.

Scholarships for Military Children

The Defense Commissary Agency's annual Scholarships for Military Children program is now accepting applications for the 2005 program. Applications can be found at base commissaries, or on line at <http://www.militaryscholar.org>. They must be returned to the commissary by Feb. 16. One \$1,500 scholarship will be awarded at each commissary location with eligible applicants.

Post Offices Updates

■ Post offices will remain open on U.S. Forces Korea training holidays. Officials said for your mailing convenience, Army Post Offices will be open today. Contact your local post office for hours of operation.

■ The deadline for holiday mailing for first-class letters and cards sent to the United States is Dec. 11. For packages, officials recommend mailing before Saturday.

■ The deadline for holiday mailing for first-class letters and cards sent to Army Post Offices in Europe is Saturday.

For more information, visit your local post office.

Women's Basketball

A Koreawide Women's Post Level Basketball League Game will be at the Camp Red Cloud Fitness center. The Camp Red Cloud women's team will compete with Camp Carroll's women's team. The game starts 6 p.m. Dec. 11 and 9 a.m. Dec. 12. For more information, call 732-6309.

Morning Calm Submissions

Send submissions for the Morning Calm Weekly to morningcalmweekly@korea.army.mil or call 738-3355.

Harvey visits installations

New Secretary of the Army tours Korea, other locations

By Staff Sgt. Carmen Burgess

Army News Service

WASHINGTON — Within two days of being sworn into his new position, the 19th secretary of the Army began his term by visiting installations in Alaska, Korea and Hawaii over the Thanksgiving holiday.

"One of the objectives I set for my first 60 days in office was to quickly get up to speed on the Army, particularly from the bottom up," said Dr. Francis J. Harvey. "I wanted to get a feel of the Army from the Soldier's perspective."

During his weeklong tour, the secretary visited more than a dozen installations and was briefed on unit transformation, readiness, family support systems and quality of life issues.

Harvey's first stop on his trip was Alaska, where he met with Soldiers from U.S. Army Alaska and the Alaska Army National Guard. He also toured the ground-based Missile Defense System at Fort Greely.

"This system is an outstanding example of cooperation between the Guard and the active duty force," Harvey said.

The secretary also discussed equipment capabilities and received feedback from members of the Stryker Mobile Training Team, who have been training Soldiers of the 172nd Infantry Brigade during their conversion to the brigade combat team organization.

Harvey spent the majority of his trip in the Republic of Korea visiting more than a dozen installations, which he was told were a microcosm of the Army.

"After 24 hours here on the ground, I know they are right," he said. "The first thing I learned here was that commanders wear many hats."

The secretary said his number one priority is to provide for the well-being of troops and their families, because Soldiers are truly the center of everything the Army does.

Following a visit to the Joint Security Area, Harvey told commanders in the 2nd Infantry Division that the importance of their deterrence mission is even more evident.

"Your mission of keeping North Korea in check is important not only to preserving the peace and security of the Republic of Korea, but also to helping win the Global War on Terrorism," he said.

Harvey assured troops that "while in Washington I will be

Change

that rush forward at this moment ... so what do you say?" Macdonald said in his farewell speech. Macdonald has had a presence on the peninsula since 1999.

His answer to the question was a simple "thank you" to all whom he served with.

Macdonald went on to praise Landwermeyer's selection as the new director of the Korea Region Office.

"I could not be more pleased with Army's selection of Brigadier General Harvey T. Landwermeyer," Macdonald said.

To that, Landwermeyer said that Macdonald had "formed an excellent organization.

"I look forward to renewing old friendships and establishing new ones," Landwermeyer said in a short speech. "I can think of no where better to make a difference for servicemembers and their families than here, forward deployed in Korea."

Landwermeyer comes to the Korea Region Office from the U.S. Army



PHOTO BY SGT. ANDREW KOSTERMAN
Brig. Gen. Harvey T. Landwermeyer speaks during the change of directorship Wednesday.

Human Resources Command at Alexandria, Va. where he was the chief of the combat arms division and later the deputy chief of Officer Personnel Management Directorate.

Previous assignments also include reconnaissance platoon leader of Troop C, 3rd Squadron, 4th Cavalry



PHOTO BY STAFF SGT. CARMEN BURGESS
Secretary of the Army Francis J. Harvey talks football with the commander and command sergeant major of the 1st Battalion, 72nd Armor Regiment at Camp Casey, Thanksgiving day.

thinking of you and your mission here. I will do my job to ensure that you have the resources to do that successfully."

The Army's top official spent Thanksgiving Day visiting dining facilities within 2ID before eating the holiday meal with troops.

"There's no place I'd rather be on Thanksgiving than with Soldiers," he replied.

The secretary shared more than a meal with the troops; he also shared his near-term goals for the Army, which starts with developing a vision for the future.

"As part of the position of secretary of the Army, I have established a transition team which will help me develop this vision as well as address key issues."

He said this team is composed of experienced individuals ranging from active-duty Soldiers and retirees to experts from the private sector.

"I'm going to ask them to help me form a vision for our Army," he said. "I want a clear visual guide by which we provide a strategy to focus everyone on an end result."

Harvey said he plans to join together with Gen. Peter Schoomaker to lead the Army to successfully meet the dangerous and difficult challenges of the 21st century security environment.

"I look forward to establishing a partnership with both the Army Chief of Staff and the Secretary of Defense," he said. "Since his appointment, the chief has done an outstanding job at providing the forces required to win the Global War on Terrorism, all while transforming the force."

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Regiment, 25th Infantry Division; commander of Company A, 268th Attack Helicopter Battalion, 9th Cavalry Brigade; Secretary to the General Staff, 3rd Armored Division, U.S. Army-Europe and 7th U.S. Army and Operation Desert Storm; and commander of the 3rd Infantry Division's aviation brigade.

Landwermeyer attended the U.S. Military Academy and holds a master's in national security and strategic studies from the U.S. Naval War College.

His decorations and badges include the Defense Superior Service Medal, Legion of Merit, Bronze Star Medal, Meritorious Service Medal with 2 oak leaf clusters, Air Medal with "V" device, Joint Service Commendation Medal, Army Commendation Medal with 3 oak leaf clusters, Army Achievement Medal with 2 oak leaf clusters, Senior Aviator Badge and Parachutist Badge.

E-mail Andrew.Kosterman@korea.army.mil

Managers review accomplishments

Installation Management Agency Public Affairs Office

WASHINGTON — The Army Installation Management Agency made great strides in its first full year as the Army's single overseer for installation management, proving its worth in cross-leveling resources and enabling installations to fulfill their flagship role for the transforming Army.

Predictably, there is much to do as the IMA continues to build, particularly in validating the standards and organizational structure that will determine how Army posts are funded and managed for the future.

This review of the past two years and discussion of the next steps were the topics of the second annual IMA Garrison Commanders Conference, hosted by IMA Director Maj. Gen. Ronald L. Johnson Nov. 15-18 at Fort Bliss, Texas. Attending were the IMA principal staff, IMA regional directors, garrison commanders and command sergeants major of all 181 Army garrisons throughout the world.

Following a rousing conference opening by the 82nd Airborne Division All American Chorus, Johnson discussed the state of the IMA and the Common Levels of Support model that will lend predictability and quality to installation management, even during times of funding shortages. CLS encompasses 373 service support programs, or SSPs, that make up the component parts of 54 services assigned to IMA under the Installation Status Report.

Johnson compared IMA's fast-paced establishment period to building an airplane while flying it and talked about the high expectations facing the organization.

"The Army expects us to provide two dollars of BASOPS support for every dollar of funding," Johnson said. "No corporation would be expected to show a profit in the first year, but the expectations are high for us."

Referring to the funding shortages that challenged IMA and Army installations last year, Johnson said the Common Levels of Support, or CLS, model will enable the organization to quantify the base support services in terms of cost, so IMA can tell the Army leadership, as well as customers, what services will be provided at any given level of funding.

"CLS is a methodology to tell Army how funds should be spent when we don't get

100 percent of the funds we need," Johnson said. "My bet is we'll never get 100 percent funding for the 54 ISR services we have to provide, so we need a methodology."

Over the past year, the IMA Plans Directorate has developed the 373 SSPs based on reducing the 54 ISR services to their component parts. Of the 373 SSPs, 246 were determined to be must-fund, while the others are discretionary and can be prioritized by need.

Once finalized and approved by the Army senior leadership, these standards will be uniformly applied to each of the 181 Army installations in the world. Some flexibility will exist to accommodate specific geographic or demographic needs, but the aim is consistency. Customers will find the same kinds and levels of services at one installation as they do at another.

"There is no such thing as a unique post, but there are unique situations. We're more like McDonald's than Burger King—you don't get it your way, but we'll adapt where we can," Johnson said.

Following the Director's overview, IMA Deputy Director Philip E. Sakowitz Jr. detailed the CLS implementation plan for the next two years. Sakowitz told the garrison commanders they have a March deadline to submit detailed reports validate services and costs with Service-Based Costing criteria and to compare the SSP fit with installation missions. Also due are implementation plans for each garrison. IMA staff will use the information from this data call to adjust CLS criteria and finalize the model for implementation in fiscal year 2006.

In addition to the IMA leadership, conference attendees heard feedback and guidance from the principal deputy assistant secretary of the Army for installations and environment, Geoffrey Prosch, discussed current garrison issues such as base realignment and closure; housing, utilities and lodging privatization; and environmental strategies from the Army perspective.

IMA leadership also got some perspective from two senior mission commanders, who have mission priorities that sometimes challenge the garrison's ability to adequately support.

Overall, the IMA role in supporting mobilization and deployments in support of two wars received high marks for enabling resource distribution and access that would have been unlikely or impossible without IMA as the central broker.

Preston

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will positively benefit them and their families.

Preston said with the increase in the number of brigades and the introduction of "life cycles" for units, troops should see a reduction in the length and frequency of deployments and can anticipate lengthier periods between permanent change-of-station moves, which will create more stability for families.

The sergeant major also pointed out educational benefits for Army dependents — high school students will be more competitive with those in the civilian world for things such as academic and athletic scholarships if they spend a significant period of time at one school.

Preston reminded the Soldiers that the

senior Army leadership appreciated their service to their country and that they weren't forgotten during the holiday season.

"We are proud of what all of you are doing here," he said. "Anyone who has ever visited the demilitarized zone knows that there is a real threat just north of the border. We are here for a reason and our friendship with the Republic of Korea is an important one."

"You are part of the next greatest generation of heroes. Whether you are here on 'freedom's frontier,' serving on drill sergeant duty or patrolling some mountain trail in Afghanistan, your contributions are important and appreciated."

AD
GOES
HERE

Indianhead Division honors fallen warriors



Maj. Gen. George A. Higgins, 2nd Infantry Division commanding general, speaks to honor his unit's fallen Soldiers in a Nov. 24 memorial service at Camp Red Cloud.

By Spc. Chris Stephens
2nd Infantry Division Public Affairs Office

CAMP RED CLOUD—Thousands of Soldiers and civilians across the 2nd Infantry Division gathered Nov. 24 for memorial services honoring 20 Soldiers from the 2nd Brigade Combat Team who gave their lives in Iraq.

The 20 Soldiers were honored at services on Camps Casey, Red Cloud, Hovey and Stanley.

"We mourn their loss as American citizens, patriots, fellow Warriors and members of our team - each one an American Soldier," said Maj. Gen. George A. Higgins, 2nd Infantry Division commanding general. "They leave behind parents, wives, brothers, sisters, children and friends - all those who love them dearly."

Division Support Command Commander Col. Richard Poole said the 20 men reflected something more than seen by the naked eye.

"They were all someone's son, someone's grandson," he said. "Some were fathers, some were brothers, some nephews. For all of those reasons, they represent a loss to a greater group of people than are gathered here. And we mourn with them. Those connections provide more than enough reason to honor their memory."

In May, Army officials informed Soldiers from the 2nd Brigade Combat Team, known as "Strike Force" they would be deploying to the Middle East in support of Operation Iraqi Freedom. It was the first such redeployment for any American unit on the peninsula since U.S. forces deployed here during the Korean War.

"The Warriors of Strike Force received and answered that call without the slightest hesitation," Higgins said.

Division Artillery Commander Col. Ross Ridge, recalled the Soldiers serving in the Republic of Korea, opposing North Korean aggression along the demilitarized zone with their Republic of Korea Army allies, maintaining the armistice so that millions of Korean people could enjoy peace, freedom and the benefits of a democratic society.

"In August, these same Soldiers deployed to Iraq to ensure the Iraqi people would have the same opportunities," Ridge said. "To preserve the unstable peace in the region, guarantee an environment where liberty, justice and equality could prevail along with a future where the Iraqi people could live free without the threat of tyranny."

Before deploying to Iraq, the 20 Soldiers made their way to the division through different paths. Two of the Soldiers requested assignment with 2nd Battalion, 17th Field Artillery Regiment upon finding out they would deploy. Two others came straight out of high school. Two officers were commissioned into the Infantry upon graduation from college. One Soldier came from the Indiana National Guard, another came from a detail at the Pentagon after the Sept. 11, 2001 attacks. Three came from another nation. Another Soldier was serving his third tour in Korea. Two more came from Fort Bragg, N.C. The remaining six came from Advanced Individual Training.

"These young Soldiers rose to freedom's challenge and to the call of our nation," Ridge said. "They each answered her call to serve based upon their own reasons... for patriotism, for family tradition, for independence, for travel and excitement, for a chance to carve out a career or earn money for college, or for an opportunity to take care of their families."

Though their reasons for joining the Army may be different, Ridge said there is a commonality between them.

"It is in the way they approached their mission and embodied the Warrior Ethos," he said.

Higgins asked everyone attending the ceremony to know one thing.

"These American Soldiers made an enduring difference in the lives of the people they served - and in the life and future of a nation undergoing rebirth," he said. "They were not the sort of men to stand by while others watched, but rather they were ready and willing to act to preserve what all free men cherish most, and to help the people of Iraq achieve what Americans and Koreans have achieved - peace, liberty and prosperity."

E-mail chris.stephens@korea.army.mil

2ID Soldiers Honored

Capt. Eric L. Allton
Pfc. Mark A. Barbret
Spc. Bradley S. Beard
1st Lt. Tyler Hall Brown
Staff Sgt. Marshall H. Caddy
Pfc. Stephen P. Downing II
Sgt. Maurice K. Fortune
Staff Sgt. Omer T. Hawkins II
Staff Sgt. Sean P. Huey
Pvt. Jeung Jin N. Kim
Spc. Christopher A. Merville
Pfc. Dennis J. Miller Jr.
Pfc. James Prevete
Pfc. Aaron J. Rusin
Pfc. Jason L. Sparks
Pfc. Joshua K. Titcomb
Sgt. John B. Trotter
Spc. Robert O. Unruh
Staff Sgt. Gary Vaillant
1st Lt. Luke C. Wullenwaber



Gen. Leon J. LaPorte, United Nations Command, Republic of Korea/United States Combined Forces Command, and United States Forces Korea commander, comforts his wife, Judy, following the service.



Taps sounds for the 20 2nd Brigade Combat Team Soldiers who gave their lives in Iraq.

For every fallen Soldier,
Who gave all they could give;
To guarantee liberty,
And the freedom that we live.

- Allison Chambers Coxsey, poet

NEWS & NOTES

Stand-down Days

The 2nd Infantry Division will stand-down to conduct training about safety issues and risk management, on- and off-duty, for the Division Safety Day Dec. 10. The 2nd Infantry Division will stand-down to conduct training about command priorities and messages for New Horizons Day Jan. 11.

Tree-lighting Ceremonies

Area I installations will hold Christmas tree-lighting ceremonies at the following installations:

- 5 p.m. Wednesday at Camp Casey
- 5:30 p.m. Dec. 10 at Camp Page
- 5 p.m. Dec. 17 at Camp Red Cloud

Holiday Project

Area I Army Community Service is conducting the Annual Holiday Project now through Dec. 15. The project provides commissary vouchers during the Christmas holiday for designated Soldiers with family members in Area I. Contact your unit commander or first sergeant to make a donation, or contact your local ACS for more information.

Dallas Cowboy Cheerleaders

The Dallas Cowboy cheerleaders will be at Camp Casey's Carey Physical Fitness Center 7 p.m. Dec. 15 and the Camp Stanley PFC 7 p.m. Dec. 18 for a performance and autograph signing.

Volunteer Luncheon

Area I Army Community Service will host the Volunteer of the Quarter luncheon 11:30 a.m. Jan. 19 at Camp Casey Warrior's Club.

Warrior Band Concert

The 2nd Infantry Division Warrior Band holiday concert is at 7 p.m. Dec. 22 at the Uijeongbu Arts Center, near City Hall. For additional information contact Cpl. Lee Seung-joon at 732-6704.

Sexual Assault Web Site

The Army launched a Web site at www.sexualassault.army.mil, to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault. The site includes links to Training and Doctrine Command training materials.

Warrior Sports Highlights

The Warrior Post-level Basketball Traveling League runs through Jan. 31. The top four teams will qualify for the post-season tournament Feb. 5-6. The Warrior Invitational Boxing Competition will be held on Dec. 11 at the Hanson Field House on Camp Casey. For more information contact Jim Williams at 730-2322. Contact Warrior Sports at 732-6927 for more information on any other sporting events happening near you.

FAST Class For GT Scores

The Camp Red Cloud Education Center will offer classes designed to improve general technical scores at 8 a.m. - 5 p.m. Dec. 13-17. A pre-test of adult basic education is offered every Monday at 8 a.m. Contact the CRC Education Center by Dec. 10 for registration.

PRAXIS Test Coming

Area I education centers will administer the PRAXIS test, a test to license teachers, Jan. 8-12. For additional information at Camp Stanley call Paul Baker at 732-5731, at Camp Red Cloud call Stanley Schultz or Bob Seam at 732-6862 or at Camp Page call Walter Low at 721-5839 or 721-5560.

Soldiers practice rocket skills

By Pfc. Giancarlo Casem

2nd Infantry Division Public Affairs Office

ROCKET VALLEY—Thunderous blasts from rockets launched by Soldiers of the 1st Battalion, 38th Field Artillery Regiment, echo through the valley here during a Nov. 18 live-fire exercise.

The riverbeds of the valley were transformed into a launch pad as crews aboard their Multiple Launch Rocket Systems fired rockets at targets several miles away.

"I think it went well," said Pfc. Leonard Beaudry. "Everything went smoothly."

In order to earn live-fire certification, crews had different missions they had to accomplish. Crews were evaluated based on



PHOTO BY PFC. GIANCARLO CASEM

A 1st Battalion, 38th Field Artillery Regiment multiple launch rocket system is left behind in a cloud of smoke as it launches its ammunition Nov. 18 at Rocket Valley.

proper targeting and firing procedures as well as their swiftness in accomplishing those missions. Targets were assigned by the tactical operations center and then relayed down to the individual crews.

"It's really technical," said Pfc. Nicholas Moore, computer systems advisor in the Tactical Operations Center. "It gets really involving."

One mission called for crews to fire a rocket at a target on command. They were given targets that they had calculated and had to be ready to fire when given the order. Another mission was called "time on target." In this mission, three different MLRS crews all fired at a target at the same time. A third type of mission was "fire when ready." This last mission showcased the MLRS's versatility in the battlefield. Crews started from the stow position, in which the launcher is in its "home" position.

When given the command, crews quickly raised the launcher, acquired the target and launched a rocket down range, said 2nd Lt. Douglas Weber, 2nd Firing Platoon leader.

"As a battery, I think we did good," said Pfc. John Schantz. "Every shot was on target. As a whole, it was a successful mission."

Teamwork plays an important role in a MLRS crew's success, Beaudry said.

"Teamwork is the most important factor in mission accomplishment," Beaudry said. "A successful mission doesn't just involve the track team, but also the platoon, the battery, maintenance and support."

For training purposes, non-explosive rockets were used instead of explosive projectiles. Unlike real rockets, these dummy rockets are filled with steel poles for balance, not ordnance, Weber said.

These training rockets have been jokingly nicknamed 'flying telephone poles' by the Soldiers. These rockets have blunted noses to give them less impact when they hit the ground and also to give them a shorter traveling distance, Weber said.

The rockets fire out of the MLRS at speeds up to twice the speed of sound. A whole battery, armed with scattering sub munitions inside the rockets, can blanket an area as big as a football field in only a matter of seconds, Weber said.

Live-fire training provides an excellent way for artillery Soldiers to hone their skills, Beaudry said.

"Someday, I'll be leading Soldiers," he said. "I need to teach them how to be proficient. It is important to maintain high standards so you can keep up the traditions of the Army."

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Engagement skills trainer aids shooters, saves money

By Spc. Chris Stephens

2nd Infantry Division Public Affairs Office

CAMP STANLEY—Today's Army requires all Soldiers to be proficient with the M-16A2 Rifle.

Many times Soldiers are hindered because they are not able to go to a qualifying range but twice a year. However, all that has changed with the Engagement Skills Trainer, which is run by a computer.

"The EST allows Soldiers to become proficient with the M-16 without having to go to the range and use live rounds," said Staff Sgt. James Gilbert, 552nd Signal Company EST noncommissioned officer in charge. "Soldiers are able to take their time and get comfortable with the weapon so that when they do go to the range, they can qualify with no problem."

The EST is a system unlike its predecessors, the weaponeer and the firearms training system.

It shows Soldiers exactly what they do right and wrong when firing the weapon. It also automatically adjusts a Soldier's targeting adjustments, or "zeroes," when the shots are grouped.

"This makes it a lot easier for Soldiers to build confidence

with their weapon," said Pfc. Adam Murdock, 362nd Signal Company. "By doing this, Soldiers get used to holding the weapon and get much-needed hands-on experience they would not normally get."

Other weapons used on the EST include the M-203 grenade launcher, AT-4, M-9 pistol, and M-249 Squad Automatic Weapon. The system presents a variety of real life situations: night firing, nuclear-biological-chemical firing, close combat, military police scenarios and many others.

"Each weapon used in the system carries the same weight a Soldier would feel out on the range or on the battlefield," Gilbert said. "Also the same is the recoil a Soldier will feel with each weapon. It will give them the same exact feel they would feel when firing the weapon for real."

With this system, the Army is able to train Soldiers with every type of weapon without having to spend money on live-rounds.

"That's a big advantage for the Army," Gilbert said. "The Army is going to save a lot of money in the future by using this system. It's a great piece of equipment and it gets the job done."

Gilbert also believes the EST will become a quarterly requirement for Soldiers Armywide.

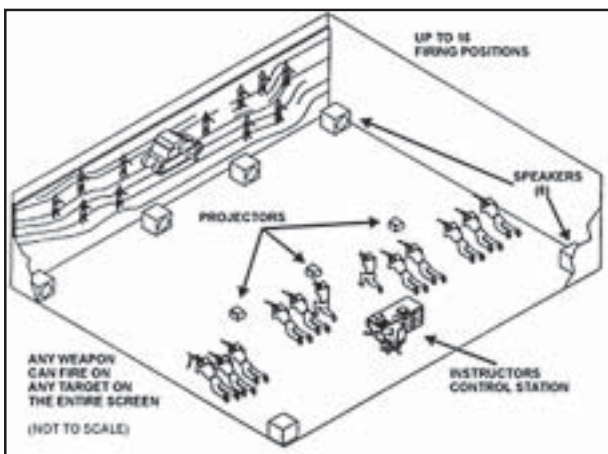
"It makes sense," he said. "We're not wasting rounds at a range with this system. We're using it to train the Soldiers and when they do go to the range to qualify. Most, if not all, will be able to qualify on the first try."

"That saves not only money, but also time," he said. "Soldiers can zero their rifle, qualify and then be on their way within a matter of a few hours."

The trainer is open from 9 a.m. to 4 p.m. Monday through Friday at Camp Stanley, Building 2

For more information, call the Division Artillery training room at 732-4606 or 732-5353.

E-mail chris.stephens@korea.army.mil



COURTESY WWW.GLOBALSECURITY.ORG

Typical Engagement Skills Trainer battle simulation area.

Troopers learn hand-fighting techniques



PHOTOS BY PFC. STEPHANIE PEARSON

Combatives course instructors, Sergeants 1st Class Alan Siering (top) and Lorenzo Luna, demonstrate the advantages of maintaining a dominant position in ground fighting Monday.

By Pfc. Stephanie Pearson
Area I Public Affairs Office

CAMP HOVEY— Fifty warriors gathered at Camp Hovey's Physical Fitness Center Monday to begin a three-week combatives training course.

The combatives program was adopted into official Army doctrine in January 2002 with the publishing of a new field manual, and now Army units worldwide have been tasked with implementing the program.

The 2nd Infantry Division is the first unit in Korea to do so, said Sgt. 1st Class Lorenzo Luna, 2nd Infantry Division, division master gunner and one of the class instructors.

"We're trying to get the 2nd Infantry Division rolling with their own self-sustaining combatives program, so they don't have to keep bringing over instructors," explained

senior class instructor, Sgt. 1st Class Alan Siering, Pathfinder Detachment, 17th Aviation Brigade.

"You have to close with the enemy, gain a dominant position and finish the fight."

-Sgt. 1st Class Lorenzo Luna

After completing this course, the students should all be level-one and level-two certified, Siering explained; then, some of the Soldiers will be selected to attend a level-three instructor course at the Army Combatives School in Fort Benning, Ga. Once certified, they will begin teaching more Soldiers in the 2nd Infantry Division through courses and physical training sessions.

The course teaches participants the basics of hand-to-hand ground fighting, based on Brazilian-style jiu-jitsu techniques that have been oriented to the needs of the Army. Students are taught standard moves to stay in control of a fight, including mounts, escapes and choke-holds.

See **"Fighting"** on Page 8



Pfc. Albert Ciampa, Long Range Surveillance Detachment (top) pins Cpl. John King, Headquarters and Headquarters Company, 2nd Infantry Division, during grappling practice at the Camp Hovey Fitness Center Monday.



Sgt. 1st Class Lorenzo Luna, Headquarters and Headquarters Company, 2nd Infantry Division (right) instructs a Soldier on how to place his hands during the Army Combatives Course that began Monday.

Camp Red Cloud garrison official earns top award

By Pfc. Stephanie Pearson
Area I Public Affairs Office

CAMP RED CLOUD — A Camp Red Cloud official was recently recognized as one of the top Installation Management Agency employees worldwide.

William Kapaku, deputy to the U.S. Army Garrison, Camp Red Cloud commander, was presented the IMA Stalwart Award for the Korea Region at the 2004 IMA commanders conference at Fort Bliss, Texas, Nov. 17.

"I was shocked," Kapaku said. "I was standing in the company of two other great nominees from the Korea region, so when they announced my name, I thought, 'Did I really hear that?'"

According to the agency, the Stalwart Award recognizes "the outstanding accomplishments and inspirational example of IMA employees who perform in an exemplary manner, set the standard as agents for change in installation management, and contribute significantly to the agency's success in carrying out the IMA mission."



PHOTO BY DOUG WESSEL

William Kapaku, deputy to the Camp Red Cloud garrison commander (center) and Ed Harris, CRC chief of public works, listen to a briefing from a marketing manager during a visit earlier this year to a Seoul five-star hotel to benchmark.

Kapaku set the example in Area I through his work as deputy to the commander, said Lt. Col. Brian Vines, former CRC garrison commander.

"The most important job I have is to assist the garrison commander in delivering base operation support and services, so we can take care of all the Soldiers who live on the base. This allows them to focus on their primary mission, warfighting," he said. "But, the

second thing I do as deputy is lead change."

He does this extremely well, said Vines, who recommended him for the award.

"Bill has distinguished himself as a juggernaut of change, a leader in the global war on costs, and a visionary who epitomizes the essence of IMA's values," he said in the nomination letter.

Under Kapaku's leadership, USAG,

CRC was the first IMA garrison to adopt the Six Sigma Quality Management practice. The inception of the new business philosophy has been his most lauded accomplishment, as the garrison has been able to save over \$2 million through productivity improvement reviews, activity based costing/management and performance management reviews.

"These are qualitative programs to help us replace the old bureaucracy with the new — the kind that is results oriented and future focused," he said. "It's difficult for people who are not doing this to understand, but you can see the difference between our organization and others that have not implemented these measures. They are different in approach and attitude."

Kapaku is trying to encourage other installations to change, as well. In March, he led production of a pamphlet outlining the garrison's deployment of Six Sigma, Vines said.

"Mr. Kapaku used the pamphlet as a means of sharing the garrison's 36 best

See **"Award"** on Page 8

Fighting

from Page 7

“There are three stages to fighting: you have to close with the enemy, gain a dominant position and finish the fight,” Luna explained. “That’s the goal when you’re fighting; you want to finish it, not sit there and play around. You’re fighting for a reason. One of them is to not get hurt – one of you is going to give up or be disabled, and you want that to be the other guy.”

Luna said the class teaches students to finish the fight quickly, but also teaches them how to defend themselves. Once more Soldiers have been certified, he said, they might start having unit competitions.

While Soldiers might not leave the class as excellent fighters, the instructors said they will have learned more than just grappling techniques.

“The basis behind the Army

combatives program is not only learning the ability to fight and defend yourself, but it also helps instill warrior spirit,” Siering said. “I told the class before, we don’t win wars because we’re great hand-to-hand fighters; we win wars because of the skills it takes to become great hand-to-hand fighters: being aggressive, being tenacious, having confidence, and being able to remain calm in a stressful situation.”

“It’s such a huge confidence builder for Soldiers,” he added. “It’s not just learning how to fight – it’s the other things that build from that.”

“This is a good tool,” Luna said. “It’s what we do in the Army – we train to fight.”

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PHOTO BY PFC. STEPHANIE PEARSON

Sgt. Sonny Garcia, Headquarters and Headquarters Company, 102nd Military Intelligence Battalion (top), grapples with Sgt. William Briggs, Headquarters and Headquarters Company, 102nd Military Intelligence Battalion, during the Army combatives course at Camp Hovey Monday.

Award

from Page 7

PIRs with other garrisons, in Korea and across IMA, so that millions of more dollars could be saved,” he said.

Kapaku explained his passion for helping the garrison save money.

“In addition to the Global War on Terrorism, we are involved in the global

war on cost,” he said. “The GWOT cannot be successful unless we’re successful in the GWOC.”

Kapaku’s next goal is to help the garrison save even more money by focusing on everyday costs.

“It costs \$52 million a year to run CRC,” he said. “People can tell us what they spent last year, but they can’t tell us why things cost what they do. We’ve shown that we’re good at costing out the exceptions, but we’re not good at costing out the routine.”

While Kapaku was honored to be recognized for his work, he remains humble and stressed that he could not have done it alone.

“The thing that kept crossing my mind when I was receiving the award was the achievements of all the civilian employees in Area I, that they do day in and day out,” he said. “That’s what made me most proud – that I was representing them. I was very proud to accept it on behalf of everyone here in Warrior Country.”

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Kapaku

Safety tips from Area II commander

By Timothy K. McNulty
Commander, Area II Support Activity

YONGSAN — The holiday season is upon us. As we finish off the remaining turkey leftovers from Thanksgiving, and begin shopping for gifts for our families and loved ones, please keep in mind a few safety tips to make your remaining holiday a safe and enjoyable one.

Reminder for drivers

I am reminding drivers and students to be more careful on the streets now that school is in session. The biggest problem in South Korea is the safety of the off-base school bus routes because Korean drivers don't always stop for school buses. This could be a very dangerous situation for us, especially for our kids.

Also, with kids back in school, our school crossing guards have a challenging job to ensure that students safely cross where they are supposed to and follow the rules, and at the same time be attentive to the many vehicles coming onto base in the morning and leaving in the afternoon. With school now in session, coupled with traffic congestion and parking problems, we must take extra caution to prevent possible accidents. Allow me to add that our military police are working extra hard to prevent any mishaps between our kids and drivers.

Gate barriers

Since the post-Sept. 11 push to boost security, we here in Area II have been fortifying our facilities to prevent terrorist attacks by going beyond our initial security buildup at the start of the war against terrorism and focusing on long-term measures, like improving our perimeter fencing to new gate security devices, like manually operated barriers manufactured by the Nasatka Barrier Company.

These barriers enhance our ability to

See "Safety" on Page 11



McNulty

World AIDS Day: A time for learning

By Suh, Ok-hee
Health Promotion Supervisor, 18th Medical Command

YONGSAN — World AIDS Day was Wednesday. It was conceived and adopted unanimously by 140 countries meeting at the World Summit of Ministers of Health on AIDS in January 1988.

The day was envisioned as an opportunity for governments, national AIDS programs, non-governmental and local organizations, as well as individuals everywhere, to demonstrate the importance of the fight against AIDS.

Even with additional awareness, many people don't understand AIDS and the impact it has had on the world.

Global AIDS epidemic

More than 20 years since AIDS became a worldwide epidemic, women account for nearly half of the 40 million people living with HIV. The Joint United Nations Programme on HIV/AIDS (UNAIDS) reported in July 2004 that an estimated 4.8 million persons became newly infected with HIV in 2003. HIV is the virus that causes Acquired Immune Deficiency Syndrome, or AIDS. Once a person contracts the HIV, although there are individual differences in how fast they

will progress, eventually the person will develop AIDS and die. There is no known cure.

In the United States

The Centers for Disease Control and Prevention estimates 850,000 to 950,000 people are currently living with HIV and 40,000 new HIV infections occur each year in the United States. That is almost 110 persons a day. About half of the new infections are among African-Americans. More than half occurred in females. The proportion of infected females was highest among persons aged 13-19 years. AIDS is the leading cause of death for African-American women aged 25-34. Many of these women do not engage in high-risk behavior, but are contracting HIV through unsafe sex with their male partners, a significant share of whom also have sex with men or inject drugs.

How about Korea?

Although national HIV prevalence is low, Korea is not immune from this problem. The Korea National Institute of Health reported 455 people tested positive for HIV in the first nine months of 2004. That is a 14-percent increase over new cases in the same period the previous year. Korea had a total of 2,503

reported HIV infections since 1985.

In addition, 132 foreign residents were found to be HIV-infected when more than 80,000 formerly illegal foreign workers went through a required check-up that includes an HIV test.

Are Soldiers at risk?

Many assume that all U.S. Soldiers in Korea are free from HIV because the U. S. Army requires HIV testing prior to PCS and deployment, and HIV-positive persons are not deployed. However, having a negative HIV report does not mean the person is free of the infection. When the virus enters the human body, it takes time to react to the virus and make enough antibody to be detected by the screening test. If the infected person is tested during this period, which could be up to three months, the test result will be negative. The person can still infect others. Also, the fact that 18th Medical Command providers report around 500 cases of sexually transmitted diseases annually indicates that many Soldiers are taking risks and expose themselves to HIV infection.

How is HIV spread?

HIV is not spread easily. You can only get HIV if you get infected blood or

See "AIDS" on Page 10

AFSC rewards its members

By Pfc. Park, Yung-kwi
Area II Public Affairs Office

YONGSAN — The American Forces Spouses Club hosted a luncheon at Naija Ballroom, Dragon Hill Lodge Nov. 23.

The purpose of the luncheon was to share information about the local Korean community and Seoul area. It also was held to increase knowledge, sensitivity and understanding on Korean culture and people.

"AFSC arranged this event to bring together both Korean and American and as a program director I think it is a great opportunity to show our members a gratitude for what they have done," said Mary Ring, vice president of AFSC.

There are 36 different American and Korean businesses in the Seoul area involved with the club. They donated various items that amounted to about \$16,000 in value. From the American business community, Northwest Airlines donated two roundtrip tickets to the U.S in amount of \$3,000.

Haing-jah Choi, chairman of Korean Social Welfare Project, who put enormous efforts to raise the fund for this certain event said "I wrote, I



Kristen Netener chooses a Hanbok, a traditional Korean garment, in a charity bazaar before the AFSC luncheon.

visited, I called all these different organizations in Seoul to raise fund for today's luncheon."

The luncheon was also in support of Gen. Leon LaPorte, Commander of U.S. Forces Korea. At the same time, it has a significant meaning in support, contribute, and continuously enhance existing good relationship between U.S. military community and Korean community.

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Women participating in the AFSC luncheon applaud for those receiving plaques.

NEWS & NOTES

Commander's Hotline

A Commander's hotline e-mail address, areaitownhall@korea.army.mil, is available. For more information, call 738-5017.

New Hours At Yongsan Commissary

Yongsan Commissary will have new holiday hours.

Dec. 20	Open	10 a.m. - 7 p.m.
Dec. 24	Open	10 a.m. - 6 p.m.
Dec. 25 - 26	Closed	
Dec. 27	Open	10 a.m. - 7 p.m.
Dec. 31	Open	10 a.m. - 6 p.m.
Jan. 1	Closed	

Christmas Bake Sale

The American Red Cross Yongsan Station is sponsoring a Christmas bake sale to benefit the 121st General Hospital. The bake sale will be held 7:30 a.m. to 2:00 p.m., Wednesday in the hospital foyer. For more information call 738-3760.

Santa's Mail Bag

Parents and children are recommended to send letters to Santa via the following address: Santa's Mail Bag 354th OSS/OSW 2827 Flightline Ave, Suite 100B Eielson AFB, Alaska 99702-1520.

Army Substance Abuse Program

Army Substance Abuse Program provides comprehensive substance abuse treatment as well as prevention training and education for all residents in Yongsan and Area II. ASAP is located in Building 5531. For more information, call 736-5060.

New Hours At Collier Field House

Effective immediately the new hours at Collier Field House are 5 a.m. - 11 p.m., Monday - Friday and 24 hours a day Saturday, Sunday and holidays.

Free DMZ/JSA Tour for Students

Visiting and/in-country high school and college students of DoD military and civilian personnel, Department of State and DoDDS employees in Korea are invited to a FREE tour of the DMZ and Joint Security Area, Dec. 30, 9:45 a.m. to 6:30 p.m. Program includes historical briefings and tours of Tunnel #3, OP Dora, Camp Bonifas and Panmunjom. Reservations required. Call Mrs. de Leon, USFK Public Affairs Office, 723-4685 or send e-mail to deleonc@usfk.korea.army.mil NLT Dec 22. Limited seats. Sign up early.

Costumes for Rent:

The Better Opportunities for Single and Unaccompanied Soldiers program has donated costumes to Yongsan CAC. The costumes are rented for a nominal fee. For more information, call 723-3291/3292

Warrior Rocket

The Engagement Skills Trainer on Camp Stanley is located right beside the Thunder Inn Building 2249. The EST offers training on a variety of weapons systems: M-16A2, M-203, AT-4, M-9, M-4, M-240 and the M-249. It also offers a variety of real-life situations; night firing, NBC firing, close combat, military police scenarios and plenty of other training scenarios. The EST is usually open from 9 a.m to 4 p.m Monday - Friday. Call Staff Sgt. Staley at 732-4606, 732-5353 or go to Public Folder, Korea Public Folder, Unit Folder, 2ID Folder, DIVARTY Folder, DIVARTY S-3 Folder, EST Folder and Usage Calendar for more information.

FED host "field trip" for kindergarten class

By Gloria Stanley

Far East District Public Affairs Office

YONGSAN — Children from Seoul American Elementary School experienced a unique opportunity to learn science and safety as they visited a drilling team from the U.S. Army Corps of Engineers, Nov. 24.

During their visit the SAES children were able to learn a little about science, as well as safety.

"As a father of a 5-year old, I know that kids like big machines, but they don't know how dangerous these machines can be," said Donald W. Schlack, Far East District USACE environmental chief. "This is a good chance to tell kids how to be safe around people who are doing lots of work with heavy equipment."

At the site the kids were also given a chance to examine samples of rocks and soils before they went out to see the huge drilling machine digging up the ground.

"Lined up by the fence, boys and girls watched the drilling crews screwing down the tube into the ground and pulling the dirt out. The drilling crews worked together as a good team. All the team members knew what they were supposed to do to get the job done," said Schlack.

The day's highlight was opening one sample tube. When one of the crew members, Chon, Un-Yong, unscrewed the metal tubing, from inside dropped a colorful array of candy. Their curious faces, wondering what was inside, changed to wows. The children didn't believe that candy came from the ground, but enjoyed it nevertheless.

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PHOTOS BY GLORIA STANLEY

Don Schlack, Chief of the Environmental Section, Far East District, U.S. Army Corps of Engineers, explains about different types of rocks and soil to the students before the kindergarten class goes on a "field trip" just outside their classroom where they get to watch a drill rig as the drill crew takes soil samples from the ground.



Don Schlack, Chief of the Environmental Section, Far East District, U.S. Army Corps of Engineers, shows surprised students candy found in the sample from the drilling work during their "field trip."

AIDS

sexual fluids into your system. It can't be transmitted from mosquito bites, coughing or sneezing, sharing household items or swimming in the same pool as someone with HIV. It can also be spread from a mother to her child during pregnancy or delivery. A baby can be infected by drinking an infected woman's breast milk.

How can you protect yourself and others?

You can protect yourself from sexual

transmission of HIV through abstinence, by reducing the number of partners and correct and consistent condom use.

Some spermicides can prevent pregnancy, but they don't prevent HIV. They might even increase your risk of getting infected if they cause irritation or swelling. HIV is one of many diseases that can be transmitted by blood. Be careful if you are helping someone who is bleeding.

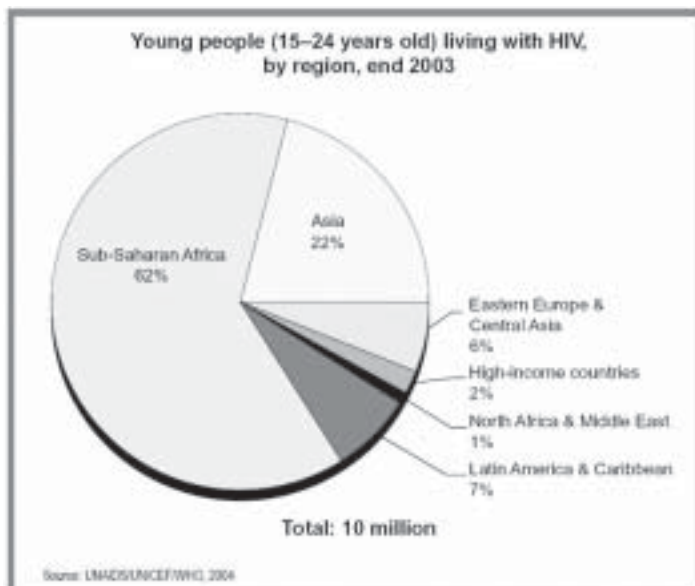
If you think you may have been exposed and would like to be tested, talk to your health-care provider or the community

health nurse in your Area. If you are found to have any type of STD, it is very important for you to follow the provider's directions for medication and go for the follow up tests to determine if you have been effectively treated.

For people who are not authorized to use troop medical clinics, Korean health clinics provide anonymous free HIV test.

Editor's note: Suh Ok-hee is a registered nurse and holds a master's in Nursing from Widener University in Chester, Pa. Suh currently works for the 18th Medical Command.

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About 14,000 new HIV infections a day in 2003

- λ More than 95% are in low and middle income countries
- λ Almost 2000 are in children under 15 years of age
- λ About 12,000 are in persons aged 15 to 49 years, of whom:
 - almost 50% are women
 - about 50% are 15-24 year olds

Safety from Page 9

enable force protection against possible threats from terrorist attacks.

Aug. 16, 2004, the Director of Public Works began installing Nasatka barriers at various Yongsan Garrison gates. The barriers, which are hydraulically operated, can be raised within a second and can stop a 15,000-pound vehicle going 50 mph if it is traveling from more than 25 meters away. The barriers are designed to be portable and can be easily moved from one place to another, if needed.

I ask that all drivers be very cautious when approaching and crossing the new security barriers. The barriers are placed directly on the road surface, and vehicles need at least a six-inch clearance to get over the barriers. Drivers must proceed slowly over the barriers to avoid potential damage to their vehicle. If a vehicle crosses the barriers going too fast, the barriers can “catch” on the muffler system and damage it. Overloaded vehicles and those with worn shock absorbers may also have difficulty crossing the barriers.

Reflective safety vests

It is our policy that all joggers must wear a reflective vest, especially now when the days are shorter and the nights are longer.

The safety of joggers or runners is an individual responsibility. When on the road, you must adhere to the same traffic rules as a pedestrian.

You must obey traffic signals and stop signs and use the pedestrian crosswalks when crossing the street.

Please avoid the use of the main streets and run in a single file to the maximum extent possible. Use jogging paths or sidewalks where available or run on the far left side of the road, facing traffic when jogging paths or sidewalks are not available.

Also, you must yield the right of way to vehicular traffic.

If you must run during darkness or inclement weather, and this is discouraged, please wear reflective safety vests visible in a 360-degree arc around you.



PHOTO BY CPL. PARK, JIN-WOO

Road March!

Lt. Col. Gregory Malvin marches with other members from the 8th U.S. Army Surgeons Office officers that conducted a road march Nov.18. They marched 20 kilometers with a 30-pound rucksack.

Experience Greater Seoul

USO Tours

- Ski Tour – 6:30 a.m. - 9 p.m., Saturday
- Inchon Tour (Memorial Hall of Inchon Landing Operation & Wolmido Cruise) – 8:30 a.m.- 3:30 p.m., Sunday
- Ichon Pottery Shopping Tour (Yongin Traditional Furniture Outlet) – 8 a.m. - 4 p.m., Thursday

For more information, call the Seoul USO office at (02)-792-3380 or go www.uso.org/korea/

Royal Asiatic Tour

- Shopping Spree Tour – Dec. 11
- Munkyeong Pass Hiking and Miruksa(in Woraksan) Tour – Dec.12
- Magok-sa and Kakwon-sa Temple Tour – Dec.18
- Kyeryong-san National Park Hiking Tour – Dec.19

For more information, Call (02)-763-9483 or see website about Royal Asiatic Society events.

Entertainment

- Concert – The Seoul Academy Ensemble Regular Concert with Flautist Marc Grauwels and Conductor Bernd Gradwohl will be held 8 p.m., Sunday in the concert hall at Seoul Arts Center.
- Concert – Prime Philharmonic 2004 Year-end Concert will be held 8 p.m., Wednesday in the concert hall at Seoul Arts Center.
- Exhibition – The universal design exhibition will be held 11 a.m. to 7 p.m. today to Dec. 12 in Hangaram Design Museum at Seoul Arts Center.

For more information, call (02)-580-1648.



Community Events, Classes and Meetings

Become a better speaker

Learn to become a better speaker through Toastmasters, every Tuesday, 7 p.m., held at the Moyer Recreation Center, 2nd Floor Red Cross conference room. For more information, call 011-9228-4175 or email: mnettrour@mailblocks.com. Toastmasters is a public speaking club; dedicated to improving member's public speaking and leadership abilities. You can find out more about Toastmasters, by visiting their web site, <http://www.toastmasters.org>.

American Projects Program

The Armed Forces Spouses' Club (AFSC) seeks to support worthy projects or needs. Through its American Projects program, AFSC donates to organizations serving the USFK population including Soldiers, DoD

civilians and their families who reside in the community. The Chosun Gift Shop generates the available money. Any organization or individual that serves the USFK population may request assistance from AFSC. Please allow two months to process your request, and include the following information: (1) full description of the project for which you are requesting assistance, (2) a description of the population that this project will benefit, (3) an explanation of all efforts that have been made to raise the funds for this project, (4) dollar amount requested and an itemized list of how the funds will be used, (5) a point of contact, with phone number and e-mail address in case additional information is needed. To submit a request call the AFSC American Projects Chairperson, Nancy Donahue at 736-5236 or e-mail AFSCAmericanProjects@yahoo.com.

Health and Safety Services

There are a variety of courses scheduled by American Red Cross (ARC). The programs are Infant & Child CPR, 6 p.m. - 9 p.m., Wednesday and Thursday, ARC Orientation, 9 p.m. - 12 p.m., Dec. 13, Baby sitting, 9 a.m. - 3 p.m., Dec. 18. To Sign up, go to the ARC office upstairs in the Moyer Recreation Center. For more information, call 738-3760.

AFSC looking for volunteers

American Forces Spouses Club is

looking for volunteers to give back to the community. For more information, call 738-7327 or 736-8119.

Learn English as a Second Language

U.S. Forces Korea community can learn English as a Second Language, 6 p.m. to 7 p.m. on Monday and Wednesday each week. For more information, call 738-7186.

Royal Asiatic Society

Lecture meetings are held in the Daewoo Building, 8th Floor (near Seoul Train Station). For more information, call 02-763-9483 or go to www.raskorea.org.

Girl Scouts looking for volunteers

The Girl Scouts are looking for volunteers. Training is available. FMI, call 796-5942 or e-mail go_girlscout@yahoo.com or edna2109@aol.com.

Religious activities

Men's Speaking Tres Dias Weekend

The 43rd Men's English speaking Tres Dias will be held Today - Sunday, at the Eighth, U.S. Army Religious Retreat Center. Obtain applications online at www.seoultresdias.org or at the South Post and Hannam Chapels. For more information, e-mail Edward.Salaar1@korea.army.mil or

Edward.Salazar1@us.army.mil.

Prayer Breakfast

Kappa Alpha Psi, Inc. presents "Tis the Season Prayer Breakfast" at the Dragon Hill Lodge Mezzanine Bridge, 8 a.m., December 11, 2004. For more information call 011-9671-1446.

Learn to be a better husband and leader

Men of the Morning Calm holds Bible studies for Area II men who want to learn to be better husbands and leaders in their community. Bible studies are held at the South Post Chapel 6 a.m. every Tuesday. Also, there is a men's breakfast 8 a.m. on the first Saturday of each month at the South Post Chapel. For more information, e-mail jay.grandin@us.army.mil.

Club Beyond Youth Ministry

Club beyond host many different activities and Bible studies for High/Middle School aged children every week at Yongsan Army Garrison and Hannam Village. For more information, call 011-9685-4170, 011-3785-1954 or e-mail youthrev2001@yahoo.com.

Yongsan Baptist Church

Yongsan Baptist Church offers Tuesday Bible study, 7 p.m., Wednesday service, 7 p.m., and Sunday services, 11 a.m. and 6 p.m. For more information, call 011-731-0573, e-mail pastor@yongsanbaptist.org or go to www.yongsanbaptist.org

Now Showing

Dec. 3-9

AAFES

REEL TIME

THEATERS IN KOREA

FOR MORE LISTINGS CALL YONGSAN THEATER OR VISIT WWW.AAFES.COM ONLINE. SCHEDULES ARE SUBJECT TO CHANGE

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	Resident Evil: Apocalypse	Resident Evil: Apocalypse	After the Sunset	After the Sunset	First Daughter	The Polar Express	Raise Your Voice
ESSAYONS 732-9008	No Show	Hero	No Show	Sky Captain and the World of Tomorrow	Wimbledon	No Show	After the Sunset
HENRY 768-7724	Ladder 49	The Cookout	The Incredibles	First Daughter	No Show	No Show	No Show
HUMPHREYS 753-7718	After the Sunset	First Daughter	First Daughter	Ladder 49	Ladder 49	Raise Your Voice	Raise Your Voice
HIALEAH 763-3120	The Incredibles	Raise Your Voice	Resident Evil: Apocalypse	No Show	No Show	No Show	No Show
HOVEY 730-5412	Mr. 3000	After the Sunset	Mr. 3000	Raise Your Voice	After the Sunset	Raise Your Voice	First Daughter
KUNSAN 782-4987	Ray	Ray	Ladder 49	No Show	Ladder 49	Raise Your Voice	Raise Your Voice



SpongeBob SquarePants Movie — There's trouble brewing in Bikini Bottom. Someone has stolen King Neptune's crown, and it looks like Mr. Krab, SpongeBob's boss, is the culprit. Though he's just been passed over for the promotion of his dreams, SpongeBob stands by his boss, and along with his best pal Patrick, sets out on a treacherous mission to Shell City to reclaim the crown and save Mr. Krab's life.



Hero — In a distant war torn land, a ruthless emperor rises to power with an iron fist and his massive armies. To control everything, he will stop at nothing. In ancient China, before the reign of the first emperor, warring factions plot to kill the most powerful ruler. International action star Jet Li is a fearless warrior with no name on a mission of revenge for the massacre of his people.



Cellular — A random wrong number to his cell phone sends a young man into a race against time to save a woman's life. With no knowledge of Jessica Martin (Kim Basinger) other than her hushed, panicked voice on the other end of the tenuous cell phone connection, Ryan (Chris Evans) is thrown into a world of deception and murder on his frantic search to find and save her. Jessica's life is in his hands, but what is waiting for him on the other side of the line, and what will it cost him to find out?



Wimbledon — Peter Colt is an unlucky guy, scoring "love" both professionally and personally. He manages to score a wild card, allowing him to play in the prestigious Wimbledon tournament. There, he meets and falls in love with American tennis star. Fueled by his newfound luck, love and on-court prowess, he works his way up the ranks of the tournament players and actually stands a chance of fulfilling his lifelong dream of winning the men's singles title.



The Incredibles — Once one of the world's top crimefighters fought evil and saved lives on a daily basis. But fifteen years later, he and his wife have taken on civilian identities. Itching for action, the sidelined superhero gets his chance for a top secret assignment. Now, with the fate of the world hanging in the balance, the family must come together and once again find the fantastic in their family life.



National Treasure — All his life, Benjamin Franklin Gates has been searching for a treasure no one believed existed. Gates' lifelong journey leads him to the last place anyone thought to look: a map hidden on the back of the Declaration of Independence. In a race against time, Gates must elude the authorities, stay one step ahead of his ruthless adversary, decipher the remaining clues and unlock the 2000-year-old mystery behind America's greatest national treasure.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Friday Night Lights	No Show	Celluar	Paparazzi	No Show	No Show	No Show
OSAN 784-4930	National Treasure	National Treasure	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Ladder 49	Ladder 49	Raise Your Voice
PAGE 721-5499	No Show	No Show	No Show	No Show	No Show	No Show	No Show
RED CLOUD 732-0620	After the Sunset	After the Sunset	Resident Evil: Apocalypse	The Polar Express	Raise Your Voice	No Show	National Treasure
STANLEY 732-5565	Mr. 3000	Mr. 3000	Ladder 49	Ladder 49	No Show	National Treasure	Raise Your Voice
YONGSAN I 738-7389	National Treasure	National Treasure	National Treasure	Ladder 49	Ladder 49	Ladder 49	Ladder 49
YONGSAN II 738-7389	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Raise Your Voice	Raise Your Voice
YONGSAN III 738-7389	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Spongebob Squarepants Movie	Raise Your Voice	Raise Your Voice

Strong family ties keep worries away

By Chaplain (Maj.) Robert Warden
IMA-KORO Resources Officer, Religious Support

Worrying comes naturally to me. My mom learned it from her mom and I learned from both. What seems odd is that both modeled a vibrant faith. For one to read “do not worry about your life ...” (Matthew 6:25), then one might question how one devoted to a faith might have difficulty with something the establisher of the faith said to cast aside.

Actually, this has not diminished my admiration for my mother, nor lessened my commitment to the faith. It did cause me to do things to prove to me that worries do not exist.

Thus, as a young boy I adopted a reference point that leads to activities that, well, quite simply add to mom’s worries. I do not intentionally prick a wound, but I cannot help but smile as I think of her love and hear her voice: “Doesn’t that worry you just a little?”

Thinking I had shed the worry trait years prior, to my chagrin it lay dormant, waiting to attack. It found the opportune time, for the worry bug grabbed me.

Prior to a five-kilometer run at Collier Field House, I enjoyed getting reacquainted with a 1995 Combined Arms and Services Staff School classmate. He mentioned a Promise Keepers Rally we attended. I remembered too well.

It was a wonderful, but painful day. The memory triggered the dormant menace. At the rally, we heard many speakers say words similar to, “It’s time you dads take seriously your commitment to family. Spend time with your wife. Give your children what they need most -- your time.”

Whoa! Tough words for me, considering my family was in Germany, I had just spent about 60 days away in training exercises, and I knew when I returned from the nine-week absence, I would have about two weeks before a six-month deployment. I thought: “How?”

Remembering helped worry with the counter-offensive.

My penchant for worry is about our children. Separation from children living in the United States is a concern. But so is time not spent with teenagers here due to pressures of the job we do. Questions plague me. Ultimately, however, the real issue emerges: I convinced myself that separation makes me a horrible parent.

But the good news: We can be good parents, we can honor parents, we can be a doting aunt/uncle, we can be a supporting sibling, and we can be a loving spouse separated months out of the year. How do I know? I write on Thanksgiving Day. A phone call home reminded me of truth -- that somehow, even with separation, mom and siblings and children too, still love me. The bond of love transcends time and distance especially when one chooses to use the time given.

The words of scripture return: “do not worry ...” And, I don’t. The bug retreated.

Area II Worship Services/Holiday Services										
Protestant										
Contemporary	Sunday	10 a.m.	Multipurpose Training Facility	Korean	Tuesday	1 p.m.	Camp Colbern Chapel	Wednesday	TBD	Camp Stanley Chapel
Episcopal	Sunday	10 a.m.	Memorial Chapel	KCFA	Thursday	6 p.m.	Camp Colbern Chapel		TBD	CRC Chapel
				Catholic						
Chruch of Christ	Sunday	2 p.m.	South Post Chapel	Mass	Sunday	8 a.m.	South Post Chapel	Area II		
United Pentecostal	Sunday	1 p.m.	Memorial Chapel			11:30 a.m.	Memorial Chapel	2004 KATUSA Soldier Praise Workshop		
Church International					Tuesday	12:05 p.m.	121 Hospital Chapel	Friday	9 a.m. - 5 p.m.	South Post Chapel
Collective	Sunday	8 a.m.	Memorial Chapel			7 p.m.	South Post Chapel	Flying Dragon Service		
		9:30 a.m.	121 Hospital Chapel				Sunday 10:30 -11:45 a.m. K-16 Chapel			
		9:30 a.m.	Hannam Village Chapel (Korean)	Holiday Services						
Collective	Sunday	6 p.m.	South Post Chapel	Area I						
				Mass -- Feast of the Immaculate Conception			Area II			
							Thursday 5:30 p.m. Camp Carroll Chapel			

Americans find personal reward in cultural tour of Kyeongju

By Mary B. Grimes

Chief, Command Information, American Forces Network-Korea

YONGSAN – U.S. Forces Korea personnel are finding that a tour in Korea is not just about field training and shopping, but rather getting out and experiencing the life, culture and history of their Korean host.

In an effort to further enhance an already solid friendship between Koreans and Americans, Yongsan's Moyer Community Services Center recently hosted a trip to the historic city of Gyeongju.

Departing the U.S. Army installation in the wee hours of the morning, nearly 20 USFK personnel—spouses and dependents, journeyed some four hours south of Seoul to spend the entire day on grounds where royalty once reigned.

Commonly referred to as the “city without walls,” Gyeongju is more than two thousand years old. Between 57 B.C. and 935 A.D., it was the capital of the Shilla Dynasty—a dynasty that

would flourish for more than a thousand years.

So great was the prosperity of Shilla, that it would eventually conquer two other kingdoms—Koguryo and Paekche, bringing to the front a unified peninsula.

According to Yi Kye-chon, tour guide, and a recreation specialist with Moyer, the people of Gyeongju today are much like those during the Shilla dynasty in that they have formidable strength and determination.

“Historically, people of this region seem to be unmatched in areas of masonry and delicate craftsmanship,” said Yi.

USFK family member Sarah Gibbs echoed similar sentiments.

“As you approach Gyeongju, you can readily see just how skilled the people of this area were and are. The temple architecture, the stone pagodas, the clay, glass and bronze artifacts available for viewing in the museum, all of it is awesome,” she said. “Tours like this are

a wonderful way to see how life was thousands of years ago on the Korean peninsula. But when you're standing on the temple grounds, you have a strong sense of reverence for both the history and the people who give everything they have toward making Gyeongju an unforgettable and enlightening experience.”

Sgt. 1st Class Patricia Johnson of 8th Personnel Command found the Emille Bell, Pulguksa temple and the Sokkuram Grotto Shrine to be of special interest.

“When I entered the shrine, I was truly humbled by the experience,” Johnson said. “I am so glad my Korean friend encouraged me to participate in this extremely-educational experience. I'll tell other U.S. servicemembers about it, and hope they will put it on their ‘to do list’ before their tour in Korea is up.”

Chong Sang-nae, manager of Moyer Community Services Center, and organizer of the tour, stressed the importance of the tour.

“The visit to Gyeongju was designed

to encourage USFK servicemembers and their family and friends to take part in a cultural exchange that will not only give them an opportunity to learn about Korea's long and colorful history, but to give them a chance to mingle with the Korean people in an atmosphere that fosters and encourages longstanding relationships,” said Chong.

Another Soldier, Staff Sgt. Maria Stilwell summed up the Gyeongju tour.

“It's one thing to say that at the end of your day, you're glad to go home. But it's something else when you can say that at the end of your tour in Korea, you can return home with the knowledge that you learned valuable lessons about the country you've called home for the past year or two,” Stilwell said. “The Korean people we encountered at the temples and restaurants were so kind to us. That kindness made you not only appreciate the tour, but it showed that even in our cultural differences, and in our interests and our desires—we really are more alike than not.”



Visitors to Bulguksa gather at the information map for an orientation of the historic national park.



A huge stone marker serves as a reminder to the world of the great legacy and inheritance.



A view of some of the buildings at Bulguksa shows how temples were set in locations away from cities.



The Divine Bell of King Songdok was made in the year 771 in honor of King Songdok. It is said that upon hearing the bell, one can overcome agony and gain happiness.

“Historically, people of this region seem to be unmatched in areas of masonry and delicate craftsmanship.”



Called “Pomyongnu,” this building has eight stones on each side, and the stones crisscross. The architecture reflects the creative construction techniques and skills prevalent during the Shilla Dynasty.



Looks can be deceiving. A stone Buddha has weathered the ages, and appears to be rendering a pledge of allegiance.



Senior Leader's Night

Camp Casey Reggie's Activity Bar is sponsoring Senior Leader's Night at 5 p.m. every Wednesday. Enjoy Reggie's brewery beverage special as well as free snack. For more information, call 730-2715.

Immigration And Naturalization Seminar

Camp Casey Army Community Service is offering an Immigration and Naturalization Seminar 9 a.m. - 3 p.m. Dec. 8 at Camp Casey ACS, Building 2317. For more information, call 730-3107.

Live Music At Camp Casey

Camp Casey Primo's Express hosts CC Jam Sunday starting at 2 p.m. This is an open microphone to everyone. MWR Offshore Entertainment "WES" and MWR Bands "Central Sound" and "Intensity Band" perform live music. For more information, call 730-3400.

Pro Shop Sale

The Camp Red Cloud Pro Shop is having a sale on clothing, balls, clubs, hats, shoes and accessories now through Tuesday. For more information, call 732-6843.

Mitchell's Disc Jockey

R&B DJ Hollywood performs at Mitchell's club Friday and Saturday nights. DJ Hollywood will entertain from 9 p.m. until closing. For more information, call 732-8189.

Football And Wings

Camp Red Cloud's Mitchell's Club screens National Football League football games every Tuesday. Buffalo wings and beverage specials are offered during the games. For more information, call 732-8189.

Car Wash Service

Area I Morale, Welfare and Recreation Service Division offers a 24-hour car wash at Camp Mobile. The car wash is self service and accepts 500-won coins only. For more information, call 730-3928.

Playgroups for Children

Yongsan Playgroups is now accepting new members. The group plans play dates, educational activities and field trips for families with infants, toddlers and pre-schoolers in Yongsan and Hannam Village areas. E-mail joyner57@hotmail.com for membership information.

Holiday Bowling Sale

Camp Casey Bowling Center is offering a special holiday sale. Selected items such as bowling balls and accessories will be on sale at up to 50 percent off. Sale ends Dec. 31. For more information, call Camp Casey Bowling Center at 730-4577.

Contest offers free pizza, bowling

By Soojin Atwater

MWR Marketing Division, Area I

CAMP CASEY — This holiday season Morale, Welfare and Recreation is offering an opportunity to win a "bowling blast" at the local MWR Bowling Center.

The first Soldier to identify "the man with the newspaper," Gerald Keener, Camp Stanley Bowling Center Manager, wins. The winner not only receives great MWR gifts, such as a jean jacket and a pair of bowling shoes, but also gets to invite up to 11 people from his unit to party at the local bowling center with free two-hour bowling session and three large pizzas to munch on.

Keener, also known as "Fish" to the Area I Community, rides a bus



PHOTO BY SOOJIN ATWATER

Sgt. George Glaser, 1st Battalion, 72nd Armor Regiment, enjoys pizza at the Camp Casey Bowling Center. Glaser won the first "man with a newspaper contest," sponsored by MWR.

traveling from Camp Casey to Yongsan once a week. Fish travels with a newspaper rolled up under his arm and engages Soldiers in conversation on the bus. The first Soldier who identifies Fish as "the man

with the newspaper," or says, "MWR Bowling" wins.

"I was riding a bus to Yongsan last Wednesday. I said that I didn't bowl much but I had men in my squad who did as Fish approached me and commented on the many MWR events during the upcoming training holiday," said the November winner, Sgt. George Glaser, 1st Battalion, 72nd Armor Regiment. "This is such a special opportunity for me since I am leaving at the end of this month. This is my going away party."

Fish said his enthusiasm behind the program, "I am trying to create a special promotion for our Soldiers. We need something new which will increase our Soldiers' morale during the holidays."

E-mail AtwaterS@korea.army.mil

Civilian dominates All-Army Photography Contest

By Tim Hipps

USACFSC Public Affairs

ALEXANDRIA, Va. — Department of the Army civilian James Wilkie topped all contestants by winning \$2,300 in the 2003 All-Army Photography Contest.

Five of Wilkie's photographs were judged worthy of \$300 first-place awards. Three earned \$200 second places. Two drew \$100 third-place prizes.

Judging awarded photos the four-member panel deemed worthy, thus there wasn't necessarily a first-, second- and third-place winner in every category, said Linda Ezernieks, program analyst for arts and automotive at the U.S. Army Community and Family Support Center, headquarters for Army Morale, Welfare and Recreation.

Wilkie, of Anchorville, Mich., took first places in the color print MWR and people categories with shots titled "The Piano Player" and "Circles & Sea Shells." He earned monochrome (black and white) print top prizes in the military life and nature/scenic categories for "You Talking To Me" and "Nice Kitty." His nature/scenic transparency "Chick Starter" also received first-place honors.

Wilkie earned second-place awards for transparencies "Bikers Ride for Freedom" in the MWR category and "Red Dragon Fly" in nature/scenic. His "Cigarette Girl" monochrome print earned second place in the people category. His third-place entries were "Brothers" in monochrome print people and "Banana Lady" in transparency people categories.

Photos were judged July 13 at the National Endowment for the Arts headquarters in Washington, D.C., by Renee Klish, Army art curator at the Center of Military History; Jeff Speck, director of design at the National Endowment for the Arts; Marsha Semmel, director for strategic partnerships at the Institute of Museum and Library Sciences; and moderator Robert Frankel, director of the NEA museum and visual arts programs.

Awards were issued Oct. 11 by CFSC acting Commander Col. Charles T. Sniffin during the National Recreation and Parks Association's conference at Reno, Nev.

More than 400 entries were submitted by active duty, National Guard and Reserve component Soldiers, retirees, Department of the Army civilians and family members. Anyone

with an identification card is allowed to enter the annual contest, which is divided into active duty and others divisions. Photographs taken for service functions or in the line of duty are ineligible for competition.

Competition groups included monochrome prints, color prints, video (film clips limited to 5 minutes) and slides, the latter of which has been eliminated from future contests. The categories are experimental (altered prints), military life, MWR, people and scenic/nature, which drew the most entries.

"Everybody is entranced with wildlife and nature," Ezernieks said. "The people category is next in terms of popularity."

Civilian Robert LaPolice of New Baltimore, Mich., was the second-most decorated contestant with four first places, one second and an honorable mention.

Maj. Jeffrey Davis took two first-places in the active-duty division for his nature/scenic color print "Baby Birds" and monochrome military life print "Helo Landing." Davis is stationed at Selfridge, Mich., Air National Guard Base.

Custom framing classes are offered on many Army installations. Arts and crafts directors who would like to play host to an annual photo contest should make a request to CFSC.

Hosting responsibilities include receiving and cataloging all submissions, arranging judges, orchestrating judging, managing award ceremony and contest exhibition, procuring awards, budgeting contest costs and arranging final disposition of work.

The deadline has passed for the 2004 All-Army Photography Contest. Deadline for entering the 2005 contest is Nov. 4, 2005.

Here is a list of the first-place winners in the 2003 All-Army Photography Contest:

Color print: James Wilkie 2, Staff Sgt. Michael Warner, Maj. Jeffrey Davis, Master Sgt. Munnaf Joarder, Spc. Adam Mancini, Colin Kessler, Christine Smith.

Monochrome print: James Wilkie 2, Master Sgt. Clayton Wilfinbarger 2, Maj. Jeffrey Davis, Staff Sgt. Wayne Tuttle, Heather West, Michael Pines.

Transparency: Robert LaPolice 4, James Wilkie.

E-mail Tim.Hipps@cfsc.army.mil

Comedy ROKs tour coming back to peninsula

MWR Entertainment

YONGSAN — The 3rd Comedy ROKs tour is coming to Korea. Featured entertainers are AC, Rano and Steve Royal. They will be at various installations throughout the peninsula.

■ Today	7 p.m.	Camp Kyle, Walker, Hilltop Club
Edeewa Club		
■ Saturday	7 pm.	Camp Casey, Hideaway Club
Primos		
■ Sunday	7 pm.	Camp Page, Hideaway Club
Community Club		
■ Wednesday	9 p.m.	Camp Pusan Pub.
■ Thursday	7 p.m.	Camp Carroll, Hideaway Club
■ Dec. 9	7 p.m.	Camp Carroll, Hideaway Club
■ Dec. 10	8 p.m.	Camp Hialead, Pusan Pub.

Central Region

Dec. 3, 2004

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Bob Humphreys talks to Chief Warrant Officer 4 Ron Thomas during a CH-47D Chinook slingload demonstration at the 2nd Battalion, 52nd Aviation Regiment area.



Children at Humphreys American Elementary present drawings to Bob Humphreys.



Chief Warrant Officer 3 Swindell Autry holds a plaque he designed for Betty Humphreys on behalf of Warrant Officers Association members at Camp Humphreys.



3rd Military Intelligence Battalion Soldiers brief Bob and Anne Humphreys. The unit also presented them with an American flag flown at the northernmost point of the Republic of Korea.



Jim Bellware shows the colors of the local Veterans of Foreign Wars post.

Searching for Humphreys - Part 3

Area III Soldiers welcome Humphreys' nephew, wife to Army family;
Camp discovers much more about its namesake

By Steve Davis

Colorful banners welcoming Betty Humphreys and her family hung prominently on a silver chain-link fence near the entrance of Camp Humphreys Veterans Day morning as more than 60 local members and guests of the Warrant Officer Association, most in dark brown leather aviator jackets, gathered to greet the Humphreys family at the Nitewatch Café, a base restaurant.

Though disappointed to learn that Betty had been hospitalized and unable to come to Korea, they were determined nonetheless to welcome Bob and Anne Humphreys at a breakfast gathering.

"Warrant officers at Camp Humphreys were eager to jump in and greet the Humphreys family properly," said Chief Warrant Officer 3 Nedra Stokes, a communications technician with the 527th Military Intelligence Battalion who helped spearhead activities that included the breakfast and visits to several aviation units.

A plaque designed by Chief Warrant Officer 3 Swindell Autry and engraved with an image of Benjamin Humphreys, gold warrant officer bars, an H-21 helicopter and the Warrant Officer prayer was presented for Bob Humphreys to take to Betty.

After talking with warrant officers at the breakfast, the Humphreys

family watched a slingload demonstration hosted by the 2nd Battalion, 52nd Aviation Regiment. They were greeted by Lt. Col. Richard Juergens, who described the process of lifting and transporting a military vehicle under a CH-47D Chinook helicopter. Following the demonstration, Soldiers who attached the lift cables were introduced to the family.

Then Chief Warrant Officer 4 Ron Thomas, senior instructor pilot for 2-52 Aviation, took them inside a Chinook helicopter.

"We wanted them to know the role that warrant officers have played in Army aviation," said Thomas, who put Bob and Anne Humphreys in pilot seats as he explained the workings of the heavy lift helicopter. "When I was assigned here 10 years ago, I had no idea what 'Camp Humphreys' meant. I can tell you, though, that the aviators like Mr. Humphreys were at the leading edge of their field. We identify with them."

At the 3rd Military Intelligence Battalion, Bob and Anne Humphreys were briefed and toured an RC-7B and RC-12 "Guardrail" aircraft. Among numerous gifts they were presented before leaving was an American flag that had been flown at the northernmost point of the Republic

of Korea.

Chief Warrant Officer 5 Steve Serchuk, the battalion standardization officer, said it was "an honor" to have the Humphreys family visit the unit.

"We're an Army family and they are part of it," he said, adding that the interest of the warrant officers in their visit "shows the continuity of the warrant officer lineage."

Bob Humphreys presented the unit with a picture of his uncle and stood by a plane with aviators and Soldiers for a group photograph.

At the 6th Cavalry Brigade "dunker" facility, Robert Matheny briefed the family as aviators and Soldiers demonstrated water survival techniques using a mock Chinook helicopter. All of the Soldiers had volunteered to come in on their Veterans Day holiday to show the Humphreys family how they train for over-water missions in Korea.

As the family later toured the camp, Bob Humphreys snapped photos to take back to his Aunt Betty.

On Nov. 13, the 43rd anniversary of his uncle's death, Bob, assisted by his wife Anne and Area III Commander Col. Michael J. Taliento Jr., placed a wreath at the monument to Chief Warrant Officer 2 Benjamin K. Humphreys as a small gathering of well-wishers watched. They all

bowed their heads as the 24 notes of Taps, the emotional bugle call traditionally played over Soldiers' graves, pierced the cool evening air. An honor guard from Headquarters and Headquarters Company, U.S. Army Area III Support Activity – the unit responsible for Camp Humphreys' support – presented a U.S. and Republic of Korea flag which had flown over the installation to the family.

During the day, they also met with two long-time Korean employees – education specialist So Song-hui and Yu Pom-cho, a bartender at Freedom's Inn – who had known Warrant Officer Humphreys.

In a private meeting with Col. Taliento after placing the wreath, Bob Humphreys expressed his appreciation and offered his impression of the visit.

"There were seven other Soldiers, whose names remain unknown to me, who lost their lives at the same moment as Uncle Ben," he said. "There were over 33,000 American Soldiers who lost their lives in the Korean War. I don't know why my Uncle Ben received this honor when so many others were equally deserving. What I do know is that, as an 8-year-old, Uncle Ben was a bigger-

See "Searching for Humphreys"

on page 22

NEWS & NOTES

**CPX Gate Operations
During Cement Pour**

The CPX Gate will be open for two-way traffic beginning at 9:30 a.m. today for about 24-hours to accommodate as many as 400 cement trucks. The trucks will be delivering cement to the Army Family Housing underground garage project. Drivers are urged to exercise caution as trucks travel on- and off-post. For information, call 753-8847.

**Area III
Christmas Tree Lighting**

Area III Soldiers, civilians and family members are invited to attend the Area III Christmas tree-lighting ceremony at 6 p.m. Monday at the Area III headquarters. Following the ceremony and Christmas carols, guests are welcome to attend a holiday reception at the Camp Humphreys Community Activities Center. For more information, call 753-8847.

Post Office Hours

The Camp Humphreys post office will be open an additional hour Monday-Friday from Monday to Dec. 17. Operating hours will be 10 a.m.-6 p.m. Monday, Tuesday, Wednesday and Friday, 1 p.m.-6 p.m. on Thursday, and 9 a.m.-1 p.m. on Saturday. Customers mailing large amounts of items are encouraged to make appointments. Appointments can be scheduled between 9 a.m.-10 a.m. on Monday, Tuesday, Wednesday or Friday. For information or to schedule and appointment, call 753-6563.

Prenatal Care Available

Female Soldiers and authorized female family members who are pregnant or planning on becoming pregnant may be able to receive prenatal care at the Camp Humphreys Health Clinic. For more information, see Maj. Migdalia Machado, prenatal care officer-in-charge, or contact Jereia Scott, new parent support coordinator, at 753-3957 or 753-8401.

ACS Closure

Army Community Service will be closed 11 a.m.-5 p.m. Dec. 17 for their Christmas party. Army Emergency Relief support will still be provided. For information, call 753-8401.

USO Tours

The following tours have been scheduled by USO In-Country Leisure Travel. For details, call 753-6281.
■ Dragon Valley Ski Trip, Saturday and Sunday, \$125
■ DMZ and 3rd Infiltration Tunnel Tour, Dec. 11, \$20
■ Seoul City Tour, Dec. 11, \$40. Stops at the War Museum, Han River cruise, palace tours and Seoul Tower. Includes dinner.

Gaming Convention

An Area III tabletop gaming convention will be held Dec. 12 at the Camp Humphreys Community Activities Center. Sign-up begins from 11 a.m. to 6 p.m. Featured events include War Hammer 40k and Fantasy tournaments, Dungeons & Dragons 3.5 Pre-gen Gauntlet, Magic: The Gathering and other games. Instruction will be available for newcomers. For details, contact 011-9685-9082.

News & Notes Deadline

Individuals, units and organizations may submit announcements for publication in The Morning Calm Weekly. Deadline is a minimum of one week prior to the Friday publication day. Submissions should include who, what, when, where and include a point of contact name and phone number. E-mail requests to davisst@korea.army.mil or call 753-8847.

Korea Service Corps officers briefed at Camp Humphreys



PHOTO BY STEVE DAVIS

Ko Kyong-sok briefs Korea Service Corps officers visiting the helicopter hot refuel point.

Area III Public Affairs Office

CAMP HUMPHREYS — A group of 33 Republic of Korea Army Korea Service Corps reserve officers visited Camp Humphreys Nov. 16 for mobilization training and a tour the camp.

They were briefed in the morning at the multipurpose facility on the Korea Service Corps mission in Area III, and the missions of the major tenant units at Camp Humphreys.

In the afternoon, the group toured various facilities, including the hot refuel point where helicopters are refueled with engines running, the 560th Medical Company and the firing range. Their orientation was hosted by the 22nd Korea Service Corps Company.

Area III commander hosts "Right Arm Night"

Area III Public Affairs Office

CAMP HUMPHREYS — Capt. Angela Greenwald didn't take just one Soldier to the inaugural event at the new Commander's Community Center Nov. 24. She took three.

"I've depend alot on all of these Soldiers," she said about Cpl. Jang Yoo-jin, 1st Sgt. Larry Locke and Master Sgt. Dennis Robidoux. "I couldn't get along without any of them."

Greenwald and her three "right arm" Soldiers were among others invited by Area III Commander Col. Michael J. Taliento Jr. to the evening event in Building 1243, located next to the Zoekler Station MWR Physical Fitness Center.

"This is your community center," Taliento told unit commanders and leaders. "It is here to give individuals, units and groups another place on Camp Humphreys to meet, relax at no cost."

Commanders and leaders from Area III and Camp Humphreys tenant units, along with Area III directors, had been invited to bring their "right arm" person to the event, which offered music, refreshments and plenty of camaraderie.

Taliento said comfortable furniture, computers and other entertainment would be provided. He welcomed units to help decorate the walls.

For more information or to sign for



Area III Commander Col. Michael J. Taliento Jr. welcomes guests to "Right Arm Night."

the building on a first-come, first-served basis, call the Community Activities Center at 753-8825.

Catering can be arranged by calling Mike Ross at Area III Morale, Welfare and Recreation, phone 753-8830.

Searching for Humphreys

from page 21

than-life personal hero to me."

He said that the reception he and his wife received "has been overwhelming" and presented a photograph of his Uncle Ben for display at the Camp Humphreys headquarters.

Reminding Taliento that his uncle was both an aviator and a special services officer responsible for recreational programs and improving morale for all Soldiers at the base, Humphreys said "the growth and efforts we have seen to improve the quality of life at Camp Humphreys has reaffirmed for me that Uncle Ben's mission and ideals are still alive and thriving here."

On Nov. 15, Bob Humphreys visited the Humphreys American Elementary School to tell students about his uncle. During his week-long visit, Humphreys, a civil engineer with the National Park Service's Office of White House Liaison for 28 years, also presented a photograph of the Korean War Veterans Memorial in Washington, D.C., to the Benjamin K. Humphreys

Chapter of the Veterans of Foreign Wars in Anjung-ri, the village outside the gates of Camp Humphreys.

He left a White House Historical Society ornament for the Area III Christmas tree.

"Please hang it knowing that we will be hanging an identical one and will be thinking about Camp Humphreys Soldiers and their families and our common bond," said Humphreys.

He told Taliento and Frace that his reception here "shows the importance of families" and urged them to encourage Soldiers to share their experiences with their own families.

"Each Soldier is a personal hero to someone, just like my Uncle Ben was to me," said Humphreys.

Editor's Note: Betty Humphreys, the widow of Chief Warrant Officer 2 Benjamin K. Humphreys for whom Camp Humphreys is named, was still recuperating in a North Carolina hospital as of Dec. 1, but is said to be doing much better.



This monument at Area III headquarters commemorates the naming of Camp Humphreys in April 1962. Humphreys, a pilot and the post special services officer, died along with seven other Soldiers in a helicopter crash on Nov. 13, 1961.



Above: Units begin the annual Turkey Trot five- and 10-kilometer run Nov. 25 at Camp Humphreys. More than 120 runners took part in the events.

Right: Suwon Air Base (in black) battles with the Camp Humphreys American All-Star team during the first of four "Turkey Bowl" games. The Humphreys team won, but later lost to the Humphreys National All-Star team in the final game.



PHOTOS BY STEVE DAVIS

Soldiers, civilians energize for Thanksgiving sports

Area III Public Affairs Office

CAMP HUMPHREYS — Burning calories before a Thanksgiving meal was no problem for some Area III runners and flag football players.

Runners were registering for the "Turkey Trot" five- and 10-kilometer runs as early as 7 a.m.

Sports Director Jim Howell said 41 runners participated in the five-kilometer run and 22 in the 10-kilometer run. One military unit ran in the five-kilometer run and five took part in the 10-kilometer race.

Turkey Trot five-kilometer:

Women's senior: first, Christine Fellows, 23.53; second, Rox Vancourt, 28.27; third, Kirsten Simonsgaard, 321.23.

Women's open: first, Andrea Smith, 21.25; second, Coleen Burnemaster, 22.14; third, Alyssa Fellows, 22.39.

Men's master: first, Noel Cabis, 25.05; second, Ray Newton, 32.15; third, Mike Smith, 46.56.

Men's senior: first, Thomas Paff, 20.03; second, John Biggs, 21.48; third, Chris Quinn, 22.05.

Men's open: first, Samuel Cowell, 18.54; second, Im Jae-yung, 19.06; third, Stacey Jenkins, 19.18.

Turkey Trot 10-kilometer results

Women's senior: first, Diana Juergens, 47.04; second, Lollwanna Wright, 52.31; third Wendy Robinson, 56.45

Women's open: first, Sadie Sellow, 46.44; second, Crystal Hills, 56.42

Men's master: first, Joseph Colson, 44.49; second, Roger Kacmarski, 45.03; third, Jeong Sang-hoon, 45.27

Men's senior: first, Rich Tanner, 45.57; second, Craig Simonsgaard, 47.34; third, Chris Saintgerman, 48.04.

Men's open: first Brian Heisey, 42.31; second Douglas Lynch, 44.48.

Unit Run results

Five-kilometer unit run: Company B, 532nd Military Intelligence Battalion, 43.12

10-kilometer unit run: Headquarters and Headquarters Detachment, 194th Maintenance Company, 54.1.

Flag Football

Flag football players battled in the four-game "Turkey Bowl" 10 a.m. at Soldier's Park. The Camp Humphreys National All-Star team beat the American All-Star team 16-0 to win the Turkey Bowl title.

Two Camp Humphreys female teams scrimmaged in the "Power Puff Derby," with the Zoeckler beating the Camp Humphreys team, 6-0.

MSC-K, BOSS serve seniors Thanksgiving meal

By Kevin Jackson

Area IV Public Affairs Office

WAEGWAN – Thanksgiving is becoming a new tradition for some Korean senior citizens thanks to Camp Carroll Soldiers and civilian employees who served the traditional American holiday meal at St. Benedict's Village for the Aged here Nov. 21.

"Most people here really enjoy the dinner, not only because it tastes good, but because it's something different," said Kim Bok-sin, a five-year resident and a vivacious 80-year-old who could easily pass for a woman 20 years her junior.

"People here live very dull lives, so if some people from outside come to do something for us and be kind to us, we really appreciate (it)," she added.

The U.S. Army Materiel Support Center – Korea organized and provided the traditional American meal to 55 senior citizens ranging from 65 to 100 years old. Better Opportunities for Single Soldiers brought seven additional helpers to assist with serving the meal.

Residents of the home were served a traditional Thanksgiving meal of turkey, ham, stuffing, mashed potatoes and gravy, sweet potatoes, cranberry sauce and pumpkin pie. The meal was made possible by donations from MSC-K employees who also spent several hours preparing the food at the Camp Carroll Community Activities Center kitchen before delivering it to the home.



PHOTO BY SGT. OHN SANG-JOON

Col. Charles Toomey, commander of the U.S. Army Materiel Support Center – Korea, chats with a resident of St. Benedict's Village for the Aged during the Thanksgiving meal provided by MSC-K Nov. 21.

Father Aloisius Seufferling, a German missionary who serves in the home and has been in Korea since 1958, suggested the Thanksgiving meal when MSC-K asked what it could do for the residents.

"When we asked them what we could do for them, he said 'give us Thanksgiving dinner.' They really like our traditional Thanksgiving food and they like to talk to Americans. There was no hesitation," said Foley Bourland, the MSC-K Support Operations director and event organizer.

Brother Kim Chi-san, also known by his Catholic name Alexander, said most

of the residents don't realize the significance of the meal, but they appreciate the kindness of their American neighbors. However, a few are aware of the holiday and appreciate the care shown by the Americans.

"I know a little bit about the Thanksgiving tradition since it is also a church holiday," Kim said. "We are just very happy and grateful that the Soldiers are generous enough to care and spend their time with us."

MSC-K Commander Col. Charles Toomey said it's about giving back to the community.

"The holiday period is a time when you're happy to go the extra mile to give a little more," he said following the early evening dinner. "Giving is better than receiving and seeing the smiles on their faces is heartwarming."

It also touched Spc. Eric Charette, the 21-year-old BOSS president from Camp Carroll and a mental health specialist for Company D, 168th Medical Battalion.

"It put a smile on my face seeing them smile," he said. "I know the BOSS Soldiers were having a great time eating and talking with them."

Many of the senior citizens do not have family capable of caring for them. As a result, the Archdiocese of Daegu, which founded the home June 22, 1992, has created a surrogate family to care for the residents.

Father Seufferling administers to their spiritual needs providing morning Mass, evening prayer and the holy sacraments for the dying in fluent Korean language.

"We're a praying community," he said. "All of us are Christians. We pray for peace all over the world and we pray for the United States of America."

It was the seventh consecutive year that an organization from Camp Carroll provided the senior citizens with a Thanksgiving dinner. Toomey said it's just the beginning for MSC-K, which intends to foster a close-knit relationship with the home, and he is already looking forward to an event during the Christmas season.

Army Triumphs in Turkey Bowl

Lucion Davis from K-2 Air Base in Daegu swerves around a defender from Chinhae Naval Base Saturday during the Area IV Turkey Bowl all-armed forces flag football tournament, held at Kelly Field on Camp Walker. The Air Force team from K-2 Air Base went on to defeat the Navy team 13-12.

Four teams, including two from the Army and one each from the Air Force and Navy competed in the double-elimination tournament. The Army team from Camp Walker won the championship after defeating the Army team from Camp Henry 27-14 in the championship game.

Thanksgiving weekend events also included a Turkey Trot Fun Run, a 3-on-3 basketball tournament and soccer matches pitting the Daegu Area Soccer Club comprised of servicemembers, Department of the Army civilians and family members, against student and faculty teams from Daegu University. (See related story on Page 27.)



PHOTO BY CPL. OH DONG-KEUN

NEWS & NOTES

Kid's Shopping Day

The Apple Tree gift shop on Camp Walker is hosting a children's shopping day 1 – 4 p.m. Sunday. Children under 14 years of age must be accompanied by an adult. The Apple Tree is located next to the Evergreen Community Club. For more information, call Kelly McCracken at 764-4152.

Camp Walker Dental Clinic

The Camp Walker Dental Clinic will be open for in and out processing only Monday through Jan. 3 due to renovation. During this period emergency care and limited routine care will be provided at the Camp Carroll Dental Clinic. Walker Dental Clinic will be relocated inside Wood Medical Clinic where normal operations will begin Jan. 4. The dental clinic will remain inside Wood Clinic for the duration of the renovation, expected to last about a year. For more information, call Staff Sgt. Doricina Hendricks at 764-4307.

Christmas Tree Lightings

The Area IV Christmas tree lighting ceremony will be 6 p.m. Monday at the Camp Walker Soldier Memorial Chapel. For more information, call Chaplain (Maj.) Richard Bendorf at 764-5455. The Camp Carroll Christmas tree lighting ceremony will be held 5:30 p.m. Thursday at the Post Chapel. For more information, call the Camp Carroll Chaplain's Office at 765-8417 or 765-8606.

TAS Information Meeting

The Taegu American School is hosting an information meeting for parents and the Daegu community regarding school accreditation and the February North Central Association team visit 5 p.m. Wednesday at the school's multi-purpose room. Guest speakers will be Col. Donald J. Hendrix, commander, Area IV Support Activity, Charles Toths, Department of Defense Dependents School Korea district superintendent, and Dennis Rozzi, Department of Defense Dependents School Korea district assistant superintendent. For more information, call Julie Etheredge at 643-4354.

Fun Run and Walk

The Area IV Equal opportunity will be celebrating the Indian/Alaskan Native Heritage Month with a 5-kilometer run and walk 8 a.m. Saturday at Camp Carroll gym. Registration begins at 7:15 a.m. For more information, call Master Sgt. Matthew Delay at 768-8972, Sgt. 1st Class Monte Tarrt at 768-6764, or Sgt. 1st Class Stephanie Buxton at 768-8542.

Winter Formal

The 19th Theater Support Command will host a Winter Formal 6:30 p.m. Dec. 11 at the Evergreen Community Club. The event is open to all Soldiers and civilian employees in Area IV. The cost is \$25 per person, which includes meal and entertainment. The uniform for military personnel will be Mess Dress Blues, Class A's with white shirt and bow tie or tuxedo with bow tie for men and long or short formal evening dress for women. For more information or to purchase a ticket, call Sgt. Maj. Shirley Kerlygan at 768-7423 or Sgt. Maj. Oliver Chisholm at 768-8333.

Scholarship Available

Applications for the Scholarship for Military Children Program are available at Area IV commissaries. Completed applications are due at the commissaries by Feb. 16. For more information, call Alan Esperas at 764-5310 or visit www.militaryscholar.org.

Soldiers groove at Kyongbuk College

By Kevin Jackson

Area IV Public Affairs Office

WAEGWAN – Give him a gwaengwari, or small gong, and a Samulnori instructor eager to teach traditional Korean music, and this career U.S. Army Soldier enters another world.

On a routine workday Sgt. 1st Class Terry Newby interacts with units and Soldiers as the installation noncommissioned officer in charge at Camp Carroll. However, this experience was anything but routine for him and 30 other Soldiers who received an orientation to Korean culture at Kyongbuk College of Science in Waegwan Nov. 24. Samulnori is traditional Korean farmers' music created with four percussion instruments.

"I was just thinking to myself, 'lets just get into it and enjoy it,'" Newby said. "I wanted them to know that I really appreciated it. I was just clearing my mind and following the beat.

"It was something different that I never really experienced before. It was a first-time high, like I was above the clouds," he added.

Learning Samulnori was just one part of the tour of Kyongbuk College of Science and its nearby Korean cultural school. The 60 minutes of instruction and hands-on experience gave the Soldiers a uniquely Korean experience. Each of the Soldiers and participating KCS International Tourism Department students were provided a traditional instrument – either the gwaengwari, a larger gong called the jing, the janggu or hourglass-shaped drum, or a barrel drum called a buk – to actively participate.

It didn't come easy for the Soldiers, but instrument-by-instrument the enthusiastic instructor successfully taught them the music. Within 30 minutes the Soldiers and students were producing recognizable Samulnori music and simultaneously dancing around the hall.

"I'm really happy to show them our



PHOTOS BY KEVIN JACKSON

Sgt. 1st Class Terry Newby gets a quick lesson in Samulnori music from a Kyongbuk College of Science professor during a campus tour Nov. 24. The gwaengwari they are playing is one of four percussion instruments used to create the traditional farmers' music.

culture," said Kim Yu-mi, a freshman and convention tourism major from Ulsan. "These kind of activities may not fit American Soldiers because of their culture, but they were always smiling."

KCS President Choe Gae-ho extended the campus invitation to the Soldiers, who were met upon arrival by Seong Myong-soon, an International Tourism Department professor. She escorted them to the main campus building where KCS Vice President Chong Un-jae welcomed the Soldiers on behalf of the president, who like Seong is a member of the Commander's Advisory Council at Camp Carroll.

Following a five-minute video about Kyongbuk College the Science, the group was given a walking tour of the main campus building, including the cosmetology and hospitality classrooms, a small museum with early 20th century Korean artifacts, and the gymnasium used by the junior college's national champion basketball team. The Soldiers were also guided across the scenic campus, nestled into Dodeok Mountain, to visit a traditional Korean house from the 1950s. Like many houses of that era, numerous large earthenware pots in front of the home were filled with soy sauce, bean paste

called doenjang, and other Korean specialties that some Soldiers sampled.

The Soldiers were also treated to a typical student lunch of rice, kimchi, fish cake, fried fish, and bean paste soup at the KCS cultural school before visiting several cultural artifact exhibits.

Soldiers and students spent the last 30 minutes of the tour getting acquainted and playing traditional Korean games like nuldwiggi, which resembles a Western seesaw. The primary difference is that the participants jump on it to launch their partners into the air.

KCS students enjoyed the opportunity to meet their American neighbors and share their culture.

"I thought American Soldiers are different than me, but they have warm hearts," said Pak Chin-chul, a sophomore and convention tourism major from Busan who met Americans for the first time.

Seong organized the tour to give her students a chance to meet and talk with Americans their age, and to provide the Soldiers with an authentic cultural experience.

"Real culture is experienced," she said. "Language is important, but more important is the experience and understanding. I want the U.S. Army to understand real Korean culture and customs."

Many of the Soldiers like Spc. Crystal White, property book noncommissioned officer from the 23rd Chemical Battalion, embraced the experience and enjoyed interacting with the students.

"It was very exciting," she said. "It was a great opportunity to interact and learn about Korean culture. It was an experience like no other. You don't get this just anywhere."

Kyongbuk College of Science has students from six countries and is recognized as the best occupational two-year college in Korea. KCS has sister relationships with several universities abroad, including the University of California, Irvine. The college will open the Kyongbuk University of Foreign Studies campus in north Daegu in April 2005.



Camp Carroll Soldiers learn the traditional Korean game of nuldwiggi from a Kyongbuk College of Science student. Nuldwiggi is similar to a Western seesaw, except the participants alternate jumping on it to launch their partners into air.

Soccer builds bridges between Soldiers, students

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

CAMP WALKER – An Area IV employee’s graduate thesis project morphed into a community event when more than 50 students and faculty members from a local university visited a U.S. Army installation to play a team comprised of Soldiers, civilian employees and family members.

The Daegu Area Soccer Club, organized by Galen Putnam, Area IV Support Activity command information officer, hosted students and staff members from Daegu University Saturday for an afternoon of soccer, food and fun.

According to Putnam, his project revolves around two main components: organizing a post-level soccer team to provide recreational opportunities for the military community and setting up matches with local club teams and universities to promote positive community relations between the American and Korean communities in Daegu.

An article in Stars and Stripes about the fledgling club found its way to Glenys Morgan, an English instructor at Daegu University who contacted Putnam.

“I just wanted some communication and public relations between the Korean students and the American forces,” said Morgan, a native of Winnipeg, Canada. “And I thought playing sports together would be a good start.”

“We had been looking for local teams to play against,” said Putnam, who is enrolled at the University of Kansas. “Daegu University was a perfect match for us because we are not only looking to play soccer, but also to contribute to the Good Neighbor Program by presenting a positive impression of the U.S. Army



PHOTO BY CPL. OH DONG-KEUN

Kim Yung-joon, a Daegu University faculty member, tries to navigate through Daegu Area Soccer Club players Henry Olukotun (Left) and Neil Hagy (right) as Mario Gomez (background) looks on.

and its Soldiers to future leaders of this country.”

The Daegu Area Soccer Club played two games, one against a faculty team and another against a student team. The Club topped the faculty members 4-2 and tied the students 1-1.

“When you get on the field everybody wants to win, but the results don’t mean much today,” Putnam said. “The games were primarily for fun and friendly competition. The important thing was to get to know each other, learn about one another and to have some fun.”

Participants from both sides enjoyed the camaraderie.

“It was a good experience,” said Pfc. Daryl Frazier, 20th Support Group, Camp Henry. “Playing soccer with local students was very enjoyable and I think this kind of event helps both sides to understand each other better.”

“I am really glad that I had a chance to play soccer

with American Soldiers,” said Bae Jin-keun, a senior at Daegu University. “I would have never imagined such an opportunity. It was also a good chance for us to correct some of our misunderstandings and close the gap between American Soldiers and Korean students.”

“I was honored to be invited to come on post to play soccer,” said Choi Kyung-sik, a 23-year-old junior. “It was also a good chance to experience American Thanksgiving Day.”

Faculty members expressed the same sentiment.

“Today was my first time visiting an American military post, and I received very nice impressions about U.S. military and Soldiers today,” said Kim Yung-hwan, chief of the school’s division of International Affairs. “Using today’s event as a starting block, we would like to continue the relationship.”

In addition to the soccer matches, the Daegu University delegation took a walking tour of Camp Walker and enjoyed an American-style hot dog roast.

“Soccer in an international sport,” Putnam said. “You can bring people from many different cultures together with a soccer ball. That is what today’s event did – bring people from diverse backgrounds together for camaraderie and friendship.”

The club is scheduled to play a team from the Daegu Nam-bu Police Station Saturday and other teams have expressed an interest in setting up matches.

The Daegu Area Soccer Club practices 5:30 p.m. Thursdays and 1 p.m. Saturdays at Kelly Field on Camp Walker. For more information on the club or to schedule a match, contact Putnam at 011-1716-0428.

E-mail OhDK@korea.army.mil

Leaders, spouses gather to chart course to Army's future

By Maj. David P. Doherty

19th Theater Support Command Public Affairs

BUSAN—Sixty-eight key leaders, Soldiers and spouses gathered in Busan Nov. 8–10 to develop strategic initiatives during the semi-annual strategic planning conference hosted by the 19th Theater Support Command.

The leaders attending the strategic planning conference were divided into four working groups, under the leadership of a senior officer from the 19th TSC.

These groups included Soldiers from each major subordinate command in the 19th TSC, Installation Management Agency – Korea Region Area Support Activity commanders and spouses. The commander of the 19th TSC, Brig. Gen. Timothy P. McHale, hosted the conference.

The overarching purpose of the conference was “teambuilding, cultural experience and to come up with ideas and plans for the future of the Army that align with 8th United States Army,” said Sylvia Jessup, strategic planning conference coordinator. All of the major subordinate command commanders and sergeants major, staff of the 19th TSC, and for the first time Installation Management Agency – Korea Region Support Activity commanders attended, Jessup said. The four working groups included “Well-Being, Marketing Korea as the Assignment of Choice,” “Future Peninsula Logistics,” “Training and Readiness,” and “Community Relations.”

The Strategic Planning Conference is a “time to look at the big picture and (develop) some measurable targets and fix them,” said McHale during his opening remarks. The conference is designed to inform senior leaders and spouses of where the organization is

headed, determine the way ahead for successful transformation, and enhance team building with small focused work groups. “Internally we must ensure that we are trained and ready to fight tonight ... (as) the 19th Theater Support Command will become one of the most joint capable units (in the Army) within the next couple of years,” said McHale.

The “Well-Being, Marketing Korea as the Assignment of Choice” working group was lead by Col. Rick Garrison, chaplain of the 19th TSC. The goal of the well-being work group was to “create a better place for Soldiers and families to live and work,” Garrison said.

The methodology for creating initiatives included an initial group meeting, brainstorming within a set time limit and then comparing the proposed initiatives to ensure they met the goals and intent of the Theater Support Command commander, Garrison said.

The “Well-Being” group also included several spouses who volunteered to attend the planning conference. The spouses “bring an invaluable perspective. They live in the community; their whole lives are focused on the community; their children are in the community. They bring the perspective of real life on issues, not just military issues but family issues. They bring a good balance (to the group),” said Garrison.

Col. Mark Gardner, 19th TSC Support, Plans and Operations officer headed “Future Peninsula Logistics.” This working group “set the stage for long term logistics posture of U.S. forces on the peninsula,” Gardner said. Examining current plans, discussing prior initiatives, reviewing the Army transformation and 19th TSC transformation plans, and then brainstorming for new potential initiatives helped to create the initiatives, he said. “(We) examine all ideas

and determine which ones we have the organization and energy to attack. (We then) develop action plans and back brief the commanding general,” Gardner said.

Furthermore, the conference is a good time to get to know people, build the team, become acquainted with one another and become attached to our teammates, Gardner said.

Col. Mike Foster led the “Training and Readiness” work group. His goals included “figure(ing) out how to best posture the command to be ready to fight tonight now and into the future,” Foster said. He emphasized his challenges included leveraging technology to best utilize the resources that are available here in Korea.

“Training and Readiness” initiatives included knowledge management, convoy live fires and the Theater Support Command safety campaign for the next several years.

Lt. Col. Brian Groves was the leader of the “Community Relations” working group. This working group was charged with developing initiatives to benefit the Soldiers, spouses and family members within the 19th TSC as they relate to their community. One member of the “Community Relations” working group was Col. Donald J. Hendrix, Area IV Support Activity commander. “I believe that you’ve got to involve all the team members that are executing (the plan), to define what’s possible. It keeps the discussion fruitful to have the subject matter experts present,” Hendrix said. “The 19th Theater Support Command and their Soldiers are the single biggest Installation Management Agency – Korea Region customers, which is why inviting the area commanders is essential.”

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간접흡연의 위해성

이병 서기철

간접흡연이란 담배 피우는 사람이 만들어 내는 담배연기를 담배 피우지 않는 사람이 들어 마시으로써 담배를 피우는 것과 같은 피해를 입는 것을 의미한다. 간접흡연으로도 건강상의 피해를 받을 수 있는가 하는 것은 대단히 중요한 의미를 갖는다. 왜냐하면 간접흡연이 해롭다면 법적으로 혹은 제도적으로 흡연자로부터 비흡연자를 보호해 주어야 하기 때문이다. 이번호에서는 자신뿐만 아니라 사랑하는 가족이나 친구의 건강을 해칠 수 있는 간접흡연의 위해성에 대하여 알아보도록 하자.

**간접흡연의 이해

담배 연기는 주류연(mainstream smoke)과 부류연(sidestream smoke)으로 구성되어 있다. 주류연은 흡연자가 들이마신 후 내뿜는 연기이고, 부류연은 타고 있는 담배 끝에서 나오는 생담배연기를 말한다. 간접흡연은 부류연이 85%, 주류연이 15%를 차지한다. 부류연은 독성 화학물질의 농도가 주류연보다 높고 담배연기 입자가 더 작아서 폐의 더 깊은 부분에 영향을 미칠 수 있다.

실제로 주류연과 부류연을 분석해보면 모든 연기 내 독성성분이 부류연에 2~3배 정도 더 많다. 일산화탄소는 8배, 암모니아는 73배, 디메틸나이트로소아민은 52배, 메틸나프탈렌은 28배, 아닐린은 30배, 나프탈아민은 39배나 더 많다. 담배연기에 민감한 사람의 경우 69%가 담배연기로 인해 안구자극 증상을 나타내고, 29%가 코 증상, 32%가 두통, 25%가 기침을 나타낸다.

**간접흡연의 피해

간접흡연에 노출된 소아와 청소년은 천식 위험이 높아진다. 흡연자의 배우자는 비흡연자의 배우자보다 폐암에 걸릴 위험이 약 30% 높고 심장병에 걸릴 위험은 50% 더 높다. 담배를 피우는 부모를 가진 어린이와 그렇지 않은 어린이의 상기도 감염률은 담배를 피우는 집의 영아의 급성호흡기 질환 감염률이 5.7배나 높으며, 폐암발생률도 2배나 높다고 한다.

그 외의 천식, 기침, 중이염 등의 발병률도 부모가 담배를 피우는 어린이에게서 6배나 높고 폐기능도 전반적으로 낮다고 한다. 특히 임신한 여성이 간접흡연을 하게 되면 배속의 태아도 흡연으로 인한 건강 장애를 입게 된다. 유산, 전치태반, 태반 조기박리, 조기파막, 저체중아, 주산기 사망의 빈도가 높아진다.

**간접흡연과 폐암

한국은 성인남자의 흡연율(약 70%)은 세계 제 1위인 반면, 성인여자의 흡연율(약 5%미만)은 낮은 나라 중의 하나이다. 한국인의 폐암 사망률은 인구 10만명당 남자 28.7, 여자 10.0이다. 이러한 사망률은 그간 한국인의 흡연습관을 고려

해 볼 때 2005년에는 남자 65, 여자 15로 증가할 것으로 예상된다.

특이한 것은 한국인 성인남자의 흡연율(약 70%)은 세계 제 1위인 반면, 성인여자의 흡연율(약 5%미만)은 세계에서 낮은 나라 중에 하나이다. 그러나 여성의 폐암사망률이 남성과 같이 계속적으로 증가하고 있음은 놀라운 사실이 아닐 수 없다. 이것은 남편의 흡연에 의한 간접흡연의 영향일 가능성이 매우 높다는 가설을 내놓을 수 있다.

전국 공무원 사립학교 교직원 의료보험공단 자료 중에서 40세이상 부부(265,052쌍)를 대상으로 남편의 흡연력을 조사하고, 3년간 부인의 폐암 입원력을 조사하였는데 그중 112명의 부인에게서 폐암이 발생하여, 10만명당 폐암발생률 13.8%를 나타냈다. 흡연하지 않는 남편의 부인과 비교하여, 현재 흡연하는 남편의 부인은 나이, 사회적 지위, 거주지, 남편의 채소섭취량, 남편의 직업변수들이 모두 같다고 할 때, 폐암으로 입원할 확률이 1.9배 높았으며 특히 흡연하는 남편과 30년 이상 같이 지낸 부인의 경우는 폐암에 걸릴 확률이 흡연하지 않는 남편의 부인보다 3.1배나 높았다. 이러한 위험도는 남편과 부인의 연령, 사회적, 경제적 지위 및 음주여부와 상관없이 높았다.

한해 평균 한국인 여성 2천여명이 폐암으로 사망하였는데, 만일 남편들이 담배를 피우지 않았더라면 약 800여명의 여성폐암 사망을 예방할 수 있었을 것이다.

**간접흡연의 위험을 줄이는 방법

-흡연자에게 가까이에서 흡연하지 말아 달라고 요청한다(건물 밖이나 흡연구역에서 피우도록 한다).

-주위의 흡연자가 금연할 것을 권고하고 금연하도록 돕는다.

-재떨이를 집안 혹은 사무실에서 전부 치운다.

-무가당 껌이나 은단이나 과자를 준비하여 필요할 때 준다.

-흡연하고 싶어할 때 간단한 체조를 하도록 권한다.

-흡연하면 건강상 어떤 피해가 있는지 말해준다.

-금연을 하면 건강과 수명에 얼마나 큰 유익이 있는지 알려준다.

-금연에 대하여 생각하도록 실내 이곳저곳에서 금연에 관한 그림, 글 등을 붙여 놓는다.

-금연하면 숨쉬는 공기가 더 신선해진다는 사실을 알려준다.

-흡연자에게 금연이 가족의 건강을 위하고 자녀들의 장래 흡연 가능성을 줄여준다는 사실을 알려 준다.

-금연하면 담배를 살 돈으로 모아서 얼마나 다른 좋은 것을 위해 사용할 수 있는지 알려준다.

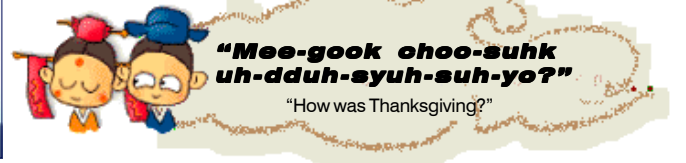
-담배를 피우지 않으면 칭찬과 격려를 아끼지 않는다.

This article is about
"Passive Smoking".

Learn Korean Easily



Language Instructor
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh
Double Consonants											
ㄲ		ㄸ		ㅃ		ㅆ		ㅉ		ㅊ	
ggu		ddu		bbu		ssu				jju	
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
ae		yeh		weh	wah	wuh	wee		ui		

Word of the week

고기

ㄱ ; g, ㅗ ; oh /
ㄱ ; g, ㅣ ; ee
'goh-gee'

meat

The phrase of the week

"Turkey is delicious."

칠면조 고기 맛있어요.

Cheel-myuhn-joh goh-gee mah-shee-suh-yo.

turkey

(meat)

is delicious

Conversation of the week

뽕스기빙 어떠셨어요?

How was Thanksgiving?

**Ddaeng-sue-gee-being
uh-dduh-syuh-suh-yo?**

정말 재미있었어요.

It was great.

**Juhng-mahl
jae-mee-ee-suh-suh-yo.**

맛있는 음식 드셨어요?

Did you have delicious food?

**Mah-shee-nuen uem-seek
due-syuh-suh-yo?**

네.
Nae.

Sure.

어떤 음식 드셨어요?

What did you have?

**Uh-dduhn uem-seek
due-syuh-suh-yo?**

(칠면조 고기) 요.

(Turkey).

**(Cheel-myuhn-joh goh-gee)
yo.**

(파이)

(pah-ee)

(pie)

(케익)

(kae-eeek)

(cake)

Share this column with a Korean co-worker.